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# NENSHI BETS BIG ON STAMPS, DINOS WIN

metroNEWS

Mayor Naheed Nenshi has bet 10 times the spread on the Grey Cup score, with proceeds to go to the Ottawa Food Bank if the Stamps lose.

JEFF MCINTOSH/THE CANADIAN PRESS FILE

## A sample of abuse

CROSSING THE FLOOR

**Sandra Jansen reads out 'dead meat', 'dumb broad' to House**



**Alex Boyd**  
Metro | Edmonton

In her first statement as a member of the Alberta NDP caucus, Sandra Jansen stood in the legislature Tuesday and read a sample of the "offensive, threatening and abusive" messages she's received over the past week.

She said Albertans have sent her messages labelling her as "dead meat," a "useless tit" and a "dumb broad," and some that told her she should stay in the kitchen.

After her statement, the MLAs in the legislature gave her a standing ovation.

Jansen, who crossed the floor from the PCs to the NDP late last week, has spoken about the issue before, including in Metro's series last week on women politicians facing abuse.

But she said speaking out in such a public way Tuesday made her feel "hopeful."

"Isn't it embarrassing that you have to hear it in the House, when you have to hear it in a place where we work as legislators? I think we needed that moment," Jansen said afterward.

She is calling on her colleagues to identify abuse and not let comments on their Facebook pages and websites go unchallenged.

The Calgary-North West legislature member crossed the floor from the Tories, a party she had been affiliated with for 30 years.

Jansen said the abuse and harassment she endured running on a progressive platform in the PC party leadership race had become intolerable.

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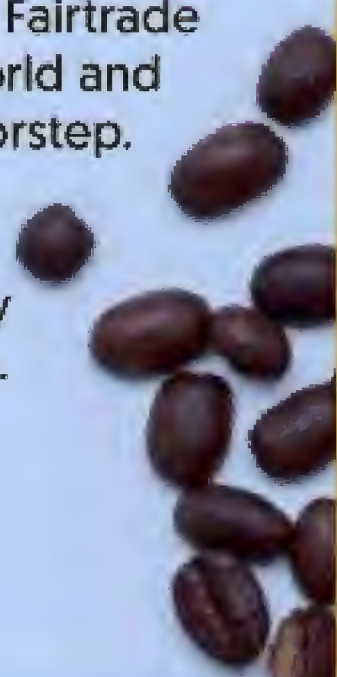
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# Smartphone parking pay option nears reality

HOSPITALS

## Alberta Health Services seeks developer to create new app

**Elizabeth Cameron**  
For Metro | Calgary

Calgarians will soon be able to pay for parking at Alberta Health Services (AHS) facilities with their smartphones.

AHS has issued an opportunity notice for companies interested in developing a smartphone app which would enable users to pay parking fees incurred at hospitals and other health care facilities without feeding a meter.

"AHS would like to provide our visitors and patients with further convenient and easy-to-use options to pay for site parking," said a spokesperson for AHS.

The pay-by-phone option will be tested in Calgary starting in mid-2017. It will be available anywhere metered parking is currently used.

"By registering and using the app, visitors and patients can more accurately pay for the time they are at the site," said the AHS spokesperson.

AHS said the new payment option may be rolled out across the province based on its success in Calgary. Currently, parking payments can be made by cash or

major credit cards at parking payment machines. Staffed parking kiosks accept cash, credit, debit, and personal cheques.

The statement noted that AHS does not receive direct funding for parking, and does not use health care dollars to provide or maintain parking facilities.

The debate over parking fees at hospitals boiled over in Alberta after the Ontario government announced a new policy in January that would lower parking fees across its province.

AHS said at the time they had no plans to offer similar discounts, which upset many.

In Alberta's major cities, weekly and monthly parking passes at hospital facilities cost \$40 and \$71, respectively.

Napane Penny, who pays for parking at Calgary hospitals on a regular basis, said the new option misses the point. Penny estimates she is at a hospital in Calgary "at least twice a week."

"I don't think anyone should pay to go to a hospital," said Penny, adding that 24-hours of parking at Calgary hospitals costs her \$14.25.

"I mean, if you're on hospital grounds and can't get out because you forgot your wallet, it might be useful. But instead of grabbing our money, why not help us in these economic times?" Penny said.

"I don't think it's necessary. I think we could use the money much better elsewhere," she added.



Calgarians may be able to use their smartphones to pay for parking at AHS facilities by mid-2017. ELIZABETH CAMERON/FOR METRO

CITY SERVICES

## Landfill workers laid off

**Helen Pike**  
Metro | Calgary

As landfill revenues slide in the economic downturn, the City of Calgary has to make some big changes to your local dump.

Typically, a winter schedule sees the city's three landfills accepting waste for six business days, and in the summer that turns into a full week schedule. But beginning in January 2017, the city is cutting hours to four days a week with a staggered schedule year round.

This is a direct reaction to a "drastic reduction" in paying customers bringing material to the landfill sites, beyond what was expected. Tonnage is down \$10.5 million — that's 100,000 tonnes total for the three landfills, which makes up a third of their revenue.

"It's something we can't ignore," said director of Waste and Recycling services Rick Valdarchi. "The economy has had that amount of impact on us."

That means layoffs. Valdarchi said they are reducing landfill staff by 29 positions. Effectively 18 people will lose their jobs — a 25 per cent reduction.

"We've been able to accommodate a number through existing vacancies, and also through needs in the other part of the operation," Valdarchi said.

If the economy rebounds, he said they will have the flexibility to adjust, but there's no expectation it will happen in 2017.

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# City studies future of transit

## TECHNOLOGY

### Autonomous vehicles are on the radar of officials



**Helen Pike**  
Metro | Calgary

We have all dreamed of a day when cars fly, or at least, drive themselves.

That's the kind of future the City of Calgary's transportation department is planning for as they investigate the many questions – and unknowns – of autonomous vehicles and future transportation technology as part of their long-term strategy.

There aren't many concrete answers from a planning perspective, but what Chris Blaschuk, Manager of Transportation Strategy does know is the changes will come, and now is a good time to start prepping for them.

"The thing we're finding is there's still a role for all modes of transportation," Blaschuk said. For example, people will still



What effect will cars like this have on Calgary's streets? A team of city employees is thinking about the implications of the technology. GETTY IMAGES

need Calgary's road system, and transit; our uses of that infrastructure are what could change over time.

Blaschuk said some variables include whether or not people will own autonomous vehicles, or if they will use them in an Uber-type model. Regardless of

the scenario, he said there's still potential for congestion.

A good example of what the city's studying are emerging technologies like the "straddling bus" which hit the road in China over the summer. That piece of technology garnered almost viral excitement across Facebook as

it showed an elevated vehicle, running on tracks, with the road traffic still flowing beneath it.

"What's the feasibility of a technology like that, could it actually work in Calgary?" Blaschuk said. "There's a lot of different technologies just in social media, and there's a bit of fleshing out

which ones are likely to happen."

He said the city has looked into autonomous buses, and even smaller carpool vehicles that act as a transit system. "Some may become more feasible than others in time," Blaschuk said.

Coun. Richard Pootmans said the trouble with autonomous vehicles is the impact is vastly unknown. An example he gives is parkades, they may have to be built for more flexible uses, rather than simply parking cars.

"Maybe all the cars that people take to go downtown just get sent back home, and then come back and fetch the people at the end of the day," said Pootmans. He added building far from the city's centre, with a 45-minute commute, wouldn't be a big deal anymore.

In the last few years Blaschuk said companies like Google and Tesla have made these new technologies edge closer to reality, which means now is the time to start thinking about future plans — though these high-tech vehicles will take some time to transition onto Calgary's streets.

"We're planning for how people travel today, which is a very immediate need," Blaschuk

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It's a route so simple, you could drive there with your eyes closed.

Calgary's Transportation Department has a "toe in the water" to pilot an exciting Canada first: autonomous transit. Details are still emerging, but the city has engaged with both Telus Spark and the Calgary Zoo to create a driverless miniature shuttle route between them.

On Tuesday, during council budget deliberations, Coun. Gian Carlo Carra couldn't contain his excitement, and asked if it was OK for him to spill the beans on the project. He said the route would fill a "dead zone" between the two city attractions.

said. "But also being aware that there's a lot of things changing, we want to leave ourselves some flexibility in the future."

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## SEXUAL ASSAULT

## Final arguments in retrial delayed again

Closing arguments in a high-profile sexual assault retrial that was ordered after controversial comments by a judge have been delayed until Monday.

It was the second delay this week in the trial of Alexander Scott Wagar in Calgary. He was originally acquitted by provincial court Judge Robin Camp, who decided Wagar's testimony was more believable than that of the 19-year-old complainant.

Camp called the complainant "the accused" throughout the 2014 trial and asked her why she couldn't just keep her

knees together. He also told her "pain and sex sometimes go together."

The verdict was overturned on appeal and a new trial was ordered. The case is now being heard by Judge Jerry LeGrandeur.

Wagar's lawyer was attempting to find a second missing witness Tuesday. The man, who didn't testify in the original trial, has been unreachable. Pat Flynn was reluctant to conclude his case even though he said the chances of the man coming forward were slim.

THE CANADIAN PRESS

## COUNCIL

## Mayor Nenshi scolds roads department

Changing school zones into playground zones was not what council asked for, according to Mayor Naheed Nenshi, but even he admits it's too late to go back now.

During budget discussions Tuesday, the mayor gave a dressing down to Troy McLeod, director of roads, for acting against council direction.

"I remember coming home from holiday last summer and hearing they were being converted, absolutely contrary to council direction. And it took me a long time to make that point," said Nenshi. "You converted them all anyway, didn't you?"

According to the mayor, council had asked for a change in the hours of both school

zones and playground zones, extending the 30 kilometre an hour reduced speed limit from 7:30 p.m. to 9 p.m.

Last year the roads department converted all school zones into playground zones while extending those hours, meaning school zones would have reduced speed limits on the weekend and throughout the summer months.

"It was extremely clear from council direction that you were not to convert school zones to playground zones. The difference being weekends and the summers," said the mayor.

The cost to change roughly 1,800 signs was budgeted at \$545,000.

BRODIE THOMAS/METRO



The cost of software and computer upgrades is taking up more capital dollars from the city's budget. ELIZABETH CAMERON/METRO

# Councillor eyeing tech costs in budget

## MONEY

## City spending millions on software upgrades



**Brodie Thomas**  
Metro | Calgary

When the city talks about its capital budget, what nonnally comes to mind are tangible things like roads, bridges, and buildings.

But Ward 8 Coun. Evan Woolley has his eye on the technological component that's creeping into the budget.

"It's something I've watched

over the last couple of years and I just want to have a conversation to highlight the hundreds of millions of dollars in software and IT costs across all of the different business units and departments," said Woolley.

Planned upgrades to Calgary 311 software are set at \$3.78 million over three years. The Information Technology division will spend \$12.8 million over three years on "enterprise software licencing," and another \$15.65 million over three years on "software lifecycle replacement."

"I recognized that we often make these investments to drive efficiencies, and that's super important in terms of a rapidly changing world," said Woolley. "But these are big numbers. I want to make sure we are getting

really good value for dollars."

Eric Sawyer, the city's CFO, admitted that IT has become "such an integrated part of the organization in totality — it's hard to peel it apart."

Heather Reed-Fenske, director of IT for the city, said technology and software reach into all departments.

She gave the example of PeopleSoft, which she described as the backbone of the city's HR, finance and supply chain management.

Between now and 2018, Calgary will spend \$10.85 million on PeopleSoft software costs, but Reed-Fenske said the city has a way of measuring efficiency created by the software.

The city begins by looking at the costs and time around

**\$51.9M**

Items in capital budget directly related to software costs.

performing tasks the old way, on paper, and then compares it to what Peoplesoft allows it to do now.

"So we did that work when we implemented Peoplesoft and we continue to do that work as we continue to add more functionality to it," said Reed-Fenske.

She gave the example of moving to digital pay reports instead of pay stubs, which will save the city \$150,000 annually once fully implemented.



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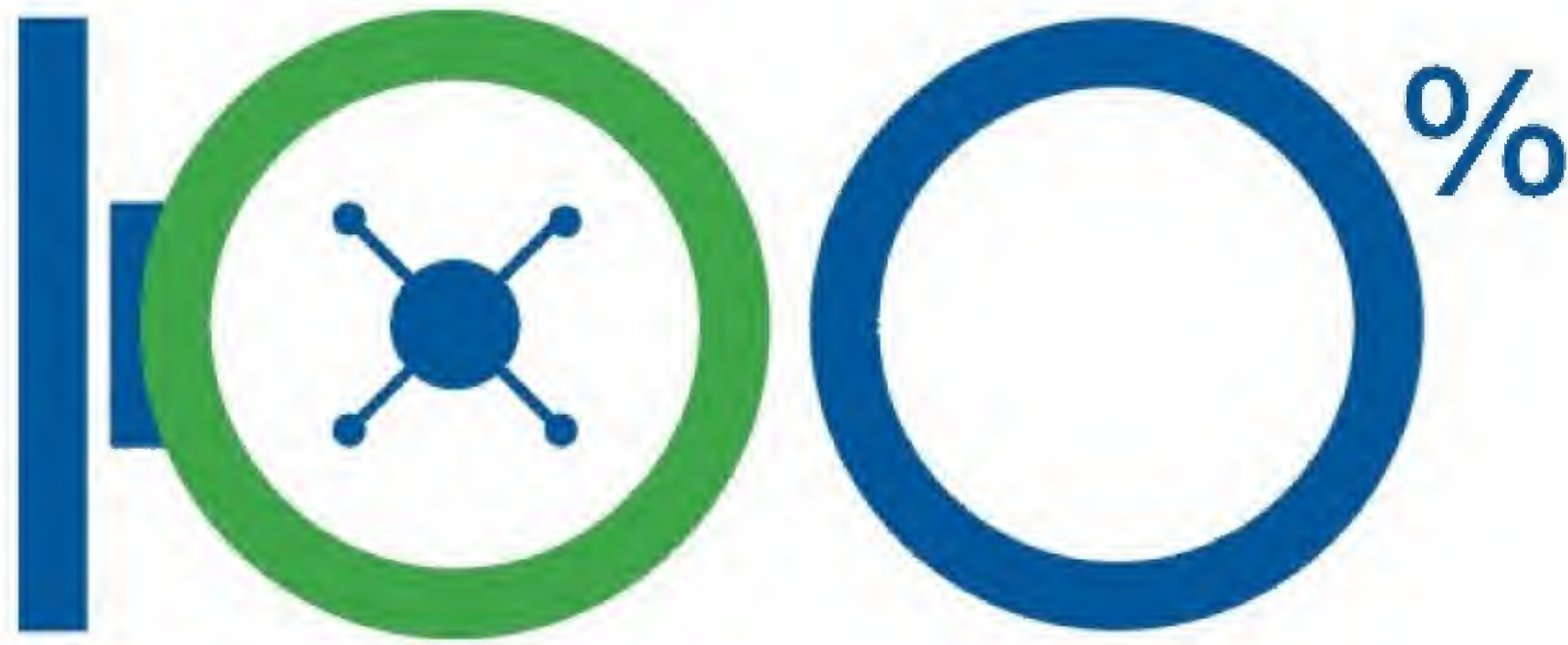
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# Mayor bets on our teams

## FOOTBALL

### Nenshi has no plans to eat beaver tails, maple syrup



**Helen Pike**  
Metro | Calgary

Beaver tails, a jar of bitumen and public humiliation. There's tons on the line for Mayor Naheed Nenshi in this weekend's high-stakes Vanier Cup and Grey Cup.

Calgary teams are playing in two national championships this weekend, and Nenshi is already dressed to impress, splitting his time between his Stampeders and Dinos jerseys.

The Grey Cup is for the Canadian Football League championship and will see the Stampeders face the Ottawa Redblacks. The Vanier Cup will have the U of C Dinos vying for Canadian collegiate supremacy versus Laval.

Couns. Andre Chabot, and Gian-Carlo Curra will be head-



Stampeders back Jerome Messam celebrates winning the Western Final. CANDICE WARD/METRO

ing to see the games.

On the table, wager-wise, is a traditional mayoral bet.

If the Stampeders win, Ottawa Mayor Jim Watson will have to wear our jersey, and read an original poem by Nenshi — and second, in a

**“The losing mayor will be donating ... to the food bank.”**

Naheed Nenshi

culinary swap, Calgary's mayor could enjoy a Killaloe Sunrise Beaver Tail.

If the “unthinkable” happens, Nenshi will don the Redblacks jersey, and give mayor Watson some of Jelly Modern's “Nenshi's salted cara-

mel” doughnuts.

Most importantly, it's a bet to give back.

“Make a bet on your local food bank,” Nenshi encouraged all Canadians. “The losing mayor will be donating 10 times the score differential (in dollars) to the food bank.”

In Quebec City, the wager isn't set in stone yet, but there's definitely a poem involved.

“It will be a little more fun, because it's not only reading the poem, but reading it in the other language,” said Nenshi. Then, when it comes to the jersey, loser will have to wear the opposing team's jersey to a university event.

“I did try to pitch Mayor Régis Labeaume, he's still thinking about it, that the food should actually be based on our natural resources,” said Nenshi. “When he loses, he will send me a jar of Quebec maple syrup, in the unlikely event that the Dinos lose, then he will get a jar of bitumen.”

The mayor joked that unfortunately there's no pipeline, and Labeaume doesn't want the jar transported by rail.

## COURT

### Guilty of faking cancer

A Calgary woman who pretended to have cancer and claimed to be a Fort McMurray fire evacuee to cash in on donations has pleaded guilty to fraud.

Jennifer Halford, 34, entered guilty pleas on seven counts of fraud Tuesday in Calgary court, dating back to the beginning of the year.

Halford claimed she had aggressive breast cancer.

She also claimed that her family had lost everything in the northern Alberta spring wildfires.

She received donations including gift cards, food, clothing, babysitting and beauty treatments.

“She effectively manipulated those two fictitious components of her story in order to gain sympathy and various items of charity from the goodwill of other people that she either knew in the community or to whom she was a stranger,” said Crown prosecutor Jason Wuttunee in an interview outside of court.

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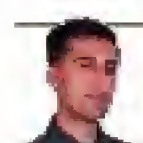


Ellie Heath as Cinderella tries to calm her stepsisters, played by actresses Chantelle Han and Anna Cummer. AARON CHATHA / METRO

# Slipper reinvents Cinderella for city

## THEATRE

### Classic tale modernized and set in Calgary today



Aaron Chatha  
Metro | Calgary

Cinderella slips onto the stage with a unique Calgary twist.

Alberta Theatre Projects and writer-director Rebecca Northan have reimagined the classic tale to take place in 2016 Calgary, in their new production Slipper.

For long-time residents, there will be plenty of in-jokes and references to the city's cultural mélange.

"If you're new to Calgary, there will be jokes you need to know if you live here. Like,

we have to hack on Edmonton and make fun of the big, blue ring," chuckled Northan.

There are still the evil stepsisters, a prince and the all-important ball — except now the ball actually the Stampede Talent Show.

Metro newspaper even gets a shout-out as a turning point in the plot.

But before we get that far, we have to talk about the prince.

In this version, his name is Eddie Prince and he's an accidental time-traveller from 1913 Calgary.

"What happens when you take societal values from 1913 and — bloop — put them in the middle of 2016?" asked Northan. "How are they every going to sort out falling in love when they obviously have differing values."

That's one of the major themes Northan wanted to

explore through the play.

In light of recent world events, how are society's values changing and evolving? And what brings people together? Both Cinderella and Eddie Prince are dealing with grief in their own ways, having both lost their parents.

It's still a fairy tale though, and Northan's not losing the message of the original fable — about inner vs. outer beauty and the true meaning of love.

"It's an invitation to gather as a community and go, 'What do we all love about this place we live in?'" she said. "Let's celebrate our differences, so we're not homogenizing."

In the end, Northan reminded: What one person thinks is beautiful isn't what another person thinks is beautiful, and that's OK.

Cinderella begins its run on Nov. 22. For more information, visit [www.atplive.com](http://www.atplive.com).

## POLICE

### Force sees need for changes

Calgary police officers are weary of the microscope their internal culture has been under in recent months, but some see it as an opportunity to change.

In the fall edition of the Calgary Police Association's 10-4 magazine, Const. Chris Young writes about how the culture of change within the organization needs to start at the top as the topic of respect and treatment of officers has been prevalent in media reports as of late.

The editor of 10-4, CPA board director Staff Sgt. Paul Wozney, said the opinions expressed by individual officers are simply that: their personal opinions.

Young used the example of two senior officers who had their hours scaled back for no apparent reason. He said the concept of "we eat our own" — something Young said was a catchphrase in his 2004 recruit class — is a culture that wasn't even prevalent in his time in the military.

"I remember teamwork being the emphasis," he wrote. "Honestly I felt it (we eat our own) was backwards methodology that could lead to fighting and dissension."

This is what Young says he's seeing now within CPS.

"It has been stated by the highest levels of this organization that a culture of change is in order with the CPS. If this is a serious mandate then the only way to achieve it is by our executive leaders setting the example."

Chief Roger Chaffin said he's committed to undertaking this task, and will work with other leaders to address these issues.

"We're an organization that is having difficulties right now with our membership, with our philosophy on how we're treated in the community and we're trying to fix some of those issues right now," said Wozney.

LUCIE EDWARDSON/METRO

## POSITIVITY

### Girl pens letter of praise to police



Lucie Edwardson  
Metro | Calgary

An anonymous Grade 6 student in Calgary is asking the important questions: Do Calgary police really like doughnuts?

Olga Leonova, property manager for View West, said she was at the vacated Braeside community police station last week when she found a letter from a young Calgarian at the door expressing her appreciation for CPS.

"I want to say thank you for



**A lot of people I know want to be like you.**

Anonymous Grade 6 Girl

taking care of this community. Without you our community would not be safe," writes the little girl. "A lot of people I know want to be like you when they grow up."

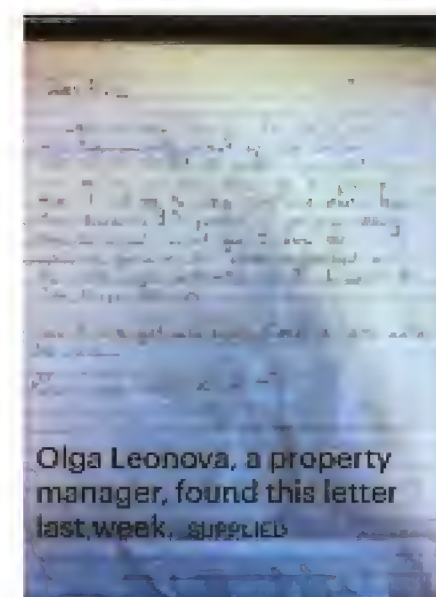
The girl goes on to joke that she knows "there is only 1% of

you guys reading this," but that she "and the whole world," appreciate the Calgary police.

"I was really impressed that a child would take the time to express their appreciation for the police," said Leonova.

Leonova said there is sometimes negative attention surrounding police, and during those times it's nice to get a positive message: "I just hope it will make somebody's day," she said.

The little girl signs off the letter with a P.S. asking the eternal question: "Do you really like donuts?"



Olga Leonova, a property manager, found this letter last week. SUPPLIED



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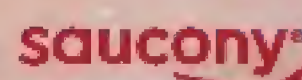
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# Auctions, liquidations rising

## ENERGY

### Oil firms find assets being undervalued as they cash out

The auctioneer's voice booms over the loudspeakers, audibly stripping apart a complete drilling rig of anything left of value.

It's the last day of the September oil field auction hosted by Ritchie Bros. in Edmonton, and the two rigs being sold are actually several hundred kilometres away, sitting idle in Swift Current, Sask., while oil field pickers from across Canada and the U.S. descend to pull off scraps.

Before both rigs are picked clean from their top-drives to their rig mats, the asking price for each complete unit was \$400,000. But once the disassembly work is done, the rigs' owners likely won't get half of that.

The outcome is unsurprising to anyone following the industry over the past two years. For most of the 9,300 bidders from 42 countries attending the auction, either in person or online, the depressed Canadian energy sector and its undervalued assets are like catnip for energy companies and heavy-equipment dealers around the world.

"The percentage of these kinds of assets that we're seeing is about double what it was in the previous two years," says Ritchie Bros. Canada president Randy Wall. "For some of the categories, like rig-moving equipment, there are real challenges out there for the amount of work available, so that product has been particularly hard-hit and may be worth half of what it was a year ago."

Double the inventory at half the price. If that doesn't scream



The Ritchie Bros. Edmonton auction yard in April 2016, when the company broke all previous records for equipment sold. PHOTO COURTESY RITCHIE BROS.

buyer's market, then surely nothing does. But the discounts on equipment across the oil field sector were far from a fire sale.

More than two-thirds of the oil field equipment that Ritchie's sold at auction in 2016 stayed in Alberta, rather than heading for greener pastures — and greener dollars — in the U.S.

"Two years ago, on average, of everything we sold in Canada, about eight per cent was going to American buyers," says Wall. "But in the last two years, as the market has declined and our dollar has weakened, lots of people assumed that those

Americans had a bargain and were buying up everything. when in fact ... despite significantly increased investment on our part in marketing and education and inducements to Americans to come up and spend their bigger dollar, we

## ALBERTA OIL

have moved the needle but not very much. It's gone from eight per cent to between 12 and 14 per cent now across Canada."

On the energy side, it could signal that local drillers and service providers, believing the

bottom is coming in on the market, are starting to head to the net for the rebound.

But, according to one oil field services analyst, a good old-fashioned fire sale might be just the regenerating force the oil sector still needs.

"I'm seeing more bidding going on, more guys looking for work — there's more chatter for a while and more optimism, but I haven't quite seen that hit the books yet as far as actual revenue," says Jamie Stober,

director of energy and commercial at ATB Financial. "The work that guys are doing in the service industry — they're just doing it for market share — the margins just aren't there so they're just beating up their gear trying to get work and maintain market share."

In August and September, weekly oil rig utilization rates, while inching upwards, still lingered below 20 per cent in Canada, spelling certain doom for companies that, like ATK, made the bulk of their earnings in specialized rig transportation.

Still, even some drillers are cashing out contracts and assets during the downturn, and oil

field service firms that are able to shed underused equipment to other sectors are following suit.

The Ritchie Bros. auction in September was highly successful by any measure. The company's April auction in Edmonton, however, shattered all previous company records. With \$240 million in inventory sold, the April auction was three times larger than September, and included roughly 17,000 registered bidders from 55 countries. Given the bad financials of many struggling oil and gas firms today, it's a wonder there's anyone left to buy up the deals that are out there. ALBERTA OIL STAFF



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# Province is moving to cap power prices at 6.8 cents

## ENERGY

### NDP looking to replace coal plants with green sources

Premier Rachel Notley says the province is capping electricity prices as part of a broader plan to move towards a more regulated industry.

"Today we begin ... bringing Alberta back into the mainstream of how jurisdictions across North America run their electricity systems," Notley said Tuesday at a news conference in a south Edmonton home.

Notley said Alberta's electricity market is broken.

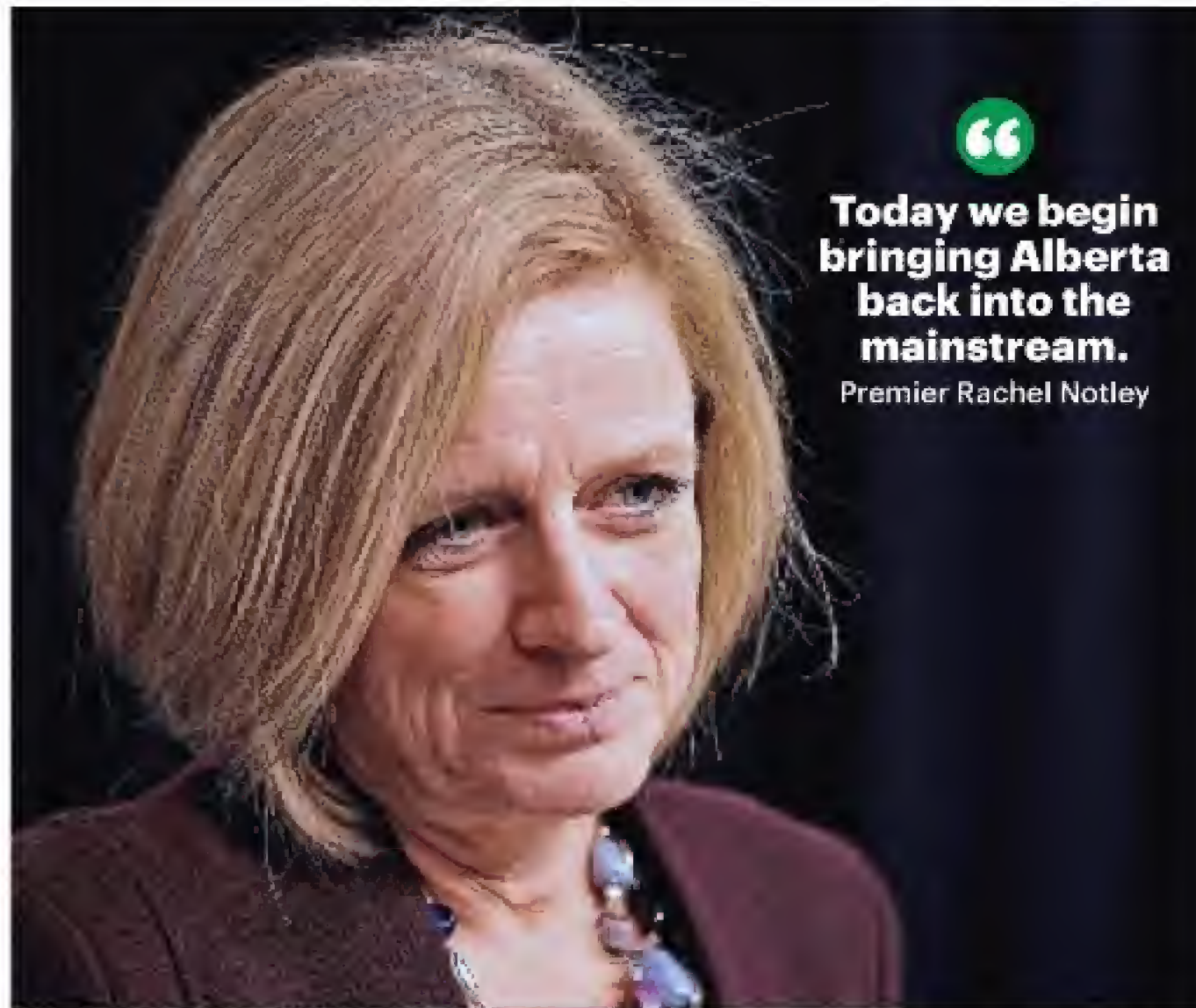
"It will not bring in the kind of investment that will be needed to power Alberta's future, so we're taking steps to get ahead of all of this."

The cap will come into effect by June and will ensure Albertans pay no more than 6.8 cents per kilowatt hour.

That's about twice what most Albertans pay now, but there have been multiple price spikes above that level in the last decade.

The ceiling is to be in effect until 2021. The government says it will work with stakeholders in the coming months to determine the best way to roll out the cap.

"The policy mechanism to deliver the price ceiling is up for consultations, but the idea of a



Premier Rachel Notley said the Alberta electricity market is broken, as her government introduced a cap on prices. THE CANADIAN PRESS

price ceiling isn't," said Notley.

The premier said the government has ways of dealing with price spikes above the 6.8-cent ceiling. She said the province will ensure power distributors don't have to bear any losses because of the cap, perhaps through payments from a carbon tax which

takes effect Jan. 1.

Notley's NDP government, under its climate-change plan, hopes to phase out coal-fired electricity by 2030 and replace it with a mix of renewable energy such as wind, solar, and hydro.

The federal government on Monday announced the same

**"Today we begin bringing Alberta back into the mainstream."**

Premier Rachel Notley

coal phase-out.

Notley said action is critical because Alberta's current deregulated market is an increasingly uncompetitive outlier.

"Most investors are wary of the volatility in Alberta's unique system."

While Notley said moving to clean energy is the prudent way to go, she said her hand was forced by the previous Progressive Conservative government's failure to plan for the future, especially given some coal-fired electricity plants were already due to shut down in the coming years.

Opposition critics said the cap means the government knows price spikes are coming as Alberta diversifies the industry and the plan to cover losses from power providers means taxpayers lose one way or another.

"This is their attempt to cover themselves and prevent a situation like what's happening in Ontario where rates have skyrocketed," said PC critic Rick Fraser.

In Ontario, electricity rates for homes and small businesses jumped an estimated 70 per cent between 2006 and 2014 as coal was being phased out.

Opposition Wildrose critic Don MacIntyre said the 6.8-cent ceiling means that "the NDP government has essentially admitted that their policy changes mean Albertans should expect nearly a doubling of current electricity costs."

THE CANADIAN PRESS

## SEX OFFENDERS

### Public at risk, say lawyers

Criminal trial lawyers in Alberta are worried the public could be at risk if a treatment program for sex offenders is shut down.

The Criminal Trial Lawyers Association in Edmonton and the Criminal Defence Lawyers Association in Calgary say they've been told the Alberta government will end the Phoenix program by next March.

The program is offered in a secure, 19-bed facility operated out of Alberta Hospital Edmonton and provides intensive therapy to convicted sex offenders serving provincial jail sentences.

Ian Savage with the Calgary lawyers association said the treatment involves 35 hours of therapy a week, while a potential replacement program operated by Alberta Health Services would offer six hours.

"It's essentially world-renowned and quite successful, particularly with the numbers that matter. The recidivism rate is extremely low compared to other similar programs," said Savage.

The lawyers say the program has reported recidivism rates as low as 3.3 per cent in 120 offenders who received treatment and were tracked over a three-year period.

"If you can have a program that reduces the risk of a certain subset of criminal sexual behaviour and reduces the risk of that repeating, then obviously the public is saved that additional harm," said Savage.

THE CANADIAN PRESS



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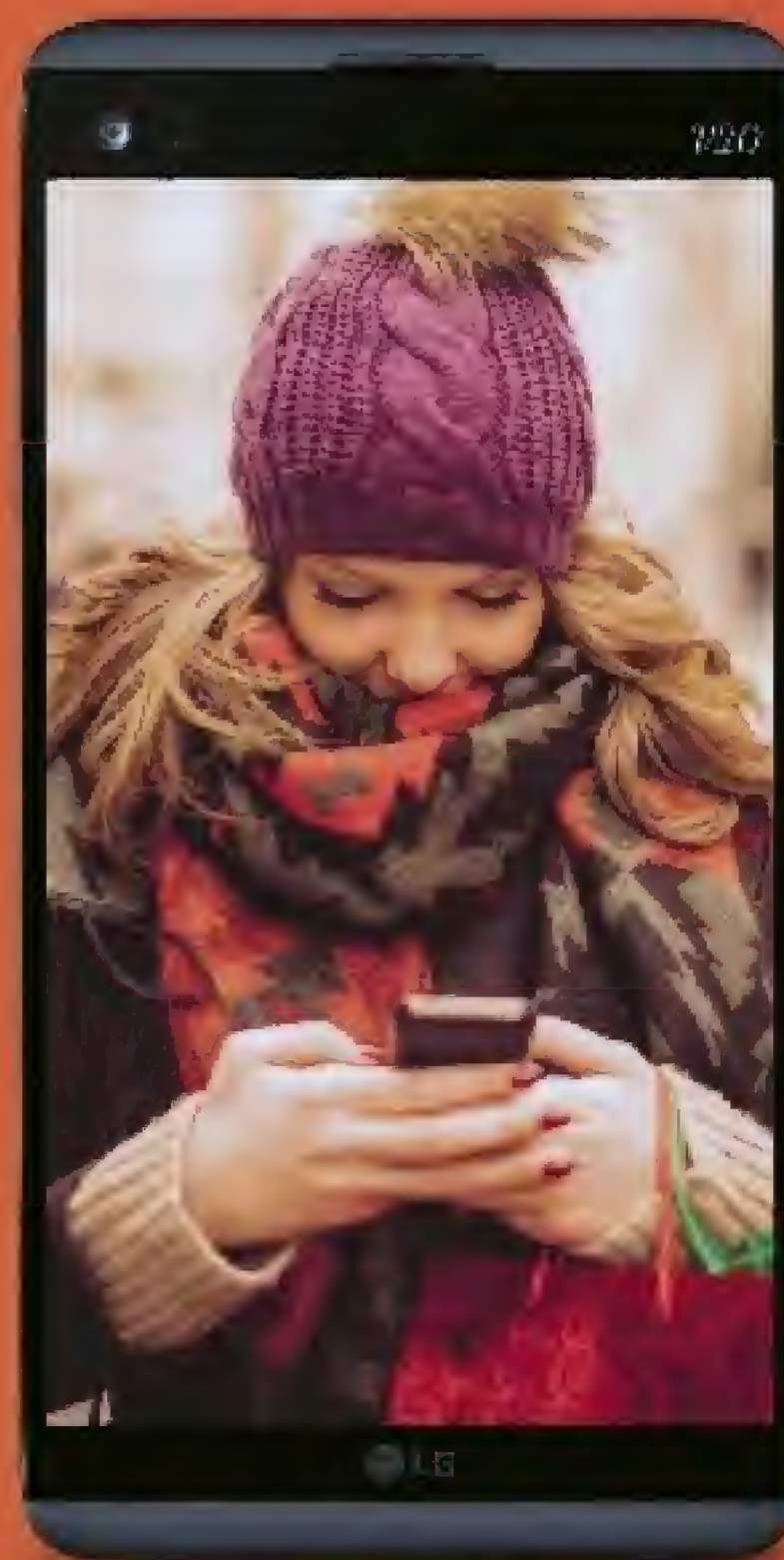
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# Plot 'directed at the normal'

## CRIME

## Man behind plan to blow up Halifax mall sentenced



**Adina Bresge**  
For Metro | Halifax

Two days before Randall Shepherd was arrested for his involvement in an alleged plot to kill shoppers at a Halifax mall with rifles and firebombs, he recorded a "goodbye" video reflecting on his decision not to participate in the planned massacre.

"My last f— you to the world is not stopping it," Shepherd said in the recording, according to an agreed statement of facts. "Standing back and let someone else put Halifax on the map, someone else like, be somebody."

Shepherd, 22, was sentenced to 10 years behind bars in Nova Scotia Supreme Court on Tuesday after pleading guilty to conspiracy to commit murder.

Slumped over a desk in a leather jacket, Shepherd bur-



**Randall Steven Shepherd** appears at Halifax Provincial Court in 2015. Shepherd was sentenced to 10 years behind bars on Tuesday after pleading guilty. METRO FILE

ied his head in his arms as the Crown portrayed him a disaffected loner, who resisted acts of violence, but nonetheless acted as a "cheerleader" in the mass-murder plot.

The Crown alleges that Shepherd conspired to help James Gamble and Lindsay Kantha Souvannarath carry out a detailed plan to shoot unsuspecting mall goers in the food court of the Halifax Shopping Centre on

Valentine's Day in 2015.

Police foiled the plot thanks to a Crimestoppers tip, and the day before the attack was supposed to occur, arrested Shepherd while he was waiting for Souvannarath to arrive at Stanfield Airport. Gamble, 19, fatally shot himself in his Timberlea home.

Souvannarath is in jail awaiting trial.

Crown lawyer Shauna MacDonald told the court that in

some ways, the harrowing plan to "put Halifax on the map," achieved its goal by stirring up unease in the community that one of their own could have such violent motives.

"This plan would have changed the face of Halifax forever," MacDonald said. "It was meant to be individuals engaging in their everyday lives — running errands, shopping, grabbing a bite to eat ... The attack was

directed at the normal."

MacDonald cited terrorism cases as precedent for a joint recommendation between the Crown and the defence that Shepherd receive a 10-year sentence with credit for time served.

Defence lawyer Roger Burrill characterized Shepherd's plight as "a story of extreme youth disaffection," a homeschooled, social outcast drawn into a destructive spiral by Gamble.

Burrill said Shepherd played a lesser role in the conspiracy and was not fully aware of the plan's "psychotic dimensions."

He compared Shepherd's role in the conspiracy as that of an "outer planet" in a solar system that orbited around Gamble's obsession with mass killings.

Before making a statement to the court, Shepherd turned his head to look at members of the gallery who were stifling back tears.

"I have no right to ask for anyone's forgiveness," Shepherd said. "I was a different person then."

As Justice Patrick Duncan handed down his sentence, he said there is some hope for Shepherd's future, but reserved predictions — for now.

## DRUGS

## Carfentanil seizure prompts warnings

Vancouver police are warning drug users to be cautious following the seizure of an opioid that is used to tranquilize elephants and believed to be 100 times more powerful than fentanyl.

Police said two samples of a drug seized in September have been confirmed by Health Canada to contain trace amounts of carfentanil.

The drug was believed to be heroin when it was confiscated from a man reported to be carrying a firearm in the city's Downtown Eastside, police said.

"It's the first time we've seen it in Vancouver in any of the seizures we've done," Sgt. Brian Montague said Tuesday.

The drug has been seen elsewhere in Canada, including Alberta, Manitoba and Ontario.

Vancouver police don't know where the carfentanil came from, though fentanyl is believed to be exported from China, Montague said.

THE CANADIAN PRESS

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# Youth left out of housing report

NATIONAL HOUSING STRATEGY

## Rising prices mean younger Canadians locked out



**May Warren**  
Metro | Toronto

The first glimpse at what's in store for Canada's National Housing Strategy misses the mark when it comes to millennials and young families says a youth advocate.

A federal government report released Tuesday presents the results of four months of nationwide consultations on housing that will shape recommendations in the final strategy, planned for release sometime next year.

It identifies key priorities, like eliminating homelessness, and recognizing the unique challenges indigenous people face in finding housing. But there's not enough about the growing problem of young people priced out of home ownership — and even the rental market — in big cities like Toronto, said Paul Ker-



Daniel Bernhard and his partner rent in Toronto's Little Italy. They doubt they'll ever be able to save up enough for a down payment on a home. LIZ BEDDALL/METRO

shaw, founder of the non-profit Generation Squeeze.

"I'm very discouraged by the way in which this report suggests it has heard from Canadians across the country because it is still reflecting a very outdated sense of what's happening in the housing market," he told Metro.

Jean-Yves Duclos, minister of families, children and social

development, said the new report will help guide the housing strategy he plans to deliver at the same time as next year's federal budget.

Duclos said he also hopes to announce some new programs to incentivize rental housing construction in the weeks ahead after the government put out a call for proposals earlier this year.

The \$2.5-billion project, spread over four years, is meant to make sure more affordable rental housing is built in Canada more immediately as the government works on a longer-term strategy.

He said they will be looking for innovative ideas on how to build more rental housing.

"It's a broad spectrum of partners municipalities will be able

to be there, private and social sectors as well," Duclos said.

Youth are mentioned in the report, but they are lumped into a category of vulnerable groups called "other," along with LGBTQ people and veterans. They're also not highlighted at all in the executive summary.

The report fails to recognize that while rising home prices, across the country have benefited older Canadians, younger people have lost out because they just can't crack the market, Kershaw said.

It's a problem Toronto's Daniel Bernhard knows well.

The 29-year-old small business owner shares a one-bedroom plus den apartment in Little Italy with his partner, who's also a professional.

He'd love to own a home but "could never imagine" buying in the area. It's "basically impossible to save" with rent being so high.

"Nobody wants to talk about devaluing the housing market," Bernhard said about the report. "Unless the prices go back down to some sort of sane level, we are not going to be able to have affordable housing."

WITH FILES FROM RYAN TUMILTY/METRO

FUNDING

## Infrastructure bank won't help small municipalities

Finance Minister Bill Morneau is suggesting that small municipalities won't see much — if any — benefit from the federal government's proposed new infrastructure bank.

The bank, to be launched next year, is intended to attract billions in private investment for public infrastructure projects.

But Morneau told the Federation of Canadian Municipalities on Tuesday that global institutional investors will be looking to invest only in "large transformational projects" that produce a revenue stream, from which they can earn a high rate of return on their investment.

He says it's unlikely they'll want to sink money into roads and bridges in small communities.

In a question-and-answer session hosted by the federation, Morneau made no mention of the notion that a number of small communities with similar projects could bundle them together in order to make them more appealing for international investors.

But FCM president Clark Somerville said the federation wants to ensure that all municipalities, big or small, are able to take advantage of the bank; he says rural Liberal MPs have assured him they'll be pushing hard for the bundling concept.

THE CANADIAN PRESS



**Finance Minister Bill Morneau**  
THE CANADIAN PRESS

## METRO KEY FINDINGS

The 66-page report summarizes the results of four months of nationwide consultation with Canadians on what they'd like to see from a National Housing Strategy. These are some takeaways.

<p><b>RENTAL DECAY</b></p> <p>75% of apartment buildings across the country are more than 30 years old and "many" are in poor shape or in need of repair.</p>	<p><b>INCOME VS. COST</b></p> <p>The price of houses across the country has grown almost three times faster than income over the last 15 years. In Toronto and Vancouver, prices grew more than four times faster than income.</p>	<p><b>HOMELESSNESS</b></p> <p>A fundamental goal should be eliminating homelessness, or, if that's not possible, make it more rare, according to feedback from Canadians.</p>	<p><b>INDIGENOUS HOUSING</b></p> <p>Indigenous peoples said that they want a separate, parallel strategy for the unique housing challenges they face, on and off reserves.</p>	<p><b>AFFORDABILITY</b></p> <p>Access to affordable housing, especially for low-income people and vulnerable people, is a priority for Canadians, according to the report.</p>
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# THANKSGIVING IN SPACE

2016

In this image taken from NASA video, astronaut Shane Kimbrough shows a pouch of turkey he will be preparing for his crew in celebration of the Thanksgiving holiday, aboard the International Space Station. NASA VIA AP



2013



Astronauts Michael Hopkins and Rick Mastracchio enjoy a meal on Nov. 28, 2013. FLICKR/NASA

2008



The crews of the Endeavor and Expedition 18 shared a meal on Nov. 27, 2008. FLICKR/NASA

## Astronauts cook up the turkey

Turkey and football will be the main Thanksgiving headliners up on the International Space Station.

NASA astronaut Shane Kimbrough, the station's commander, is serving as Thanksgiving chef for the six-person crew. He showed off the specialties he'll be preparing in a video this week.

"It's going to be a little bit different for us up here in space," he said, "but I'm going to try to make it as much like home as we can."

On Thursday — a regular workday for the crew — Kim-

brough will warm up pouches of sliced turkey, candied yams, and cherry and blueberry cobbler. He'll also add water to the bags of dehydrated cornbread dressing, green beans and mushrooms and mashed potatoes.

"You can't have a Thanksgiving meal without green beans," he noted.

Mission Control promises to beam up some live football games — "to complete the experience," Kimbrough said.

It will be the second Thanksgiving in space for Kimbrough, who's one month into a four-

month mission, and the third for American Peggy Whitson, who arrived at the orbiting lab Saturday for a six-month stay. One Frenchman and three Russians round off the crew.

Kimbrough said he and the others will share what they're thankful for this Thanksgiving. No 1 on the list, he said, is being safe in space.

NASA, meanwhile, is sharing its recipe for "out of this world" cornbread dressing. It's straight from Johnson Space Center's food lab, "no freeze drying required." THE ASSOCIATED PRESS

### NORTH DAKOTA

## Pipeline protester may lose arm after injury

A New York woman seriously injured protesting the Dakota Access oil pipeline faces multiple surgeries and could lose an arm, her father said Tuesday, and protesters and law enforcement gave conflicting accounts about what might have caused the explosion that injured her.

Sophia Wilansky, 21, was listed in serious condition and was undergoing surgery at a Minneapolis hospital.

Wilansky's father, Wayne Wilansky, said his daughter was hurt when law enforcement threw a grenade. The Morton County Sheriff's Office maintains authorities did not use concussion grenades or any devices that produce a flash or bang during a clash late Sunday near the camp along the pipeline route in southern North Dakota.

The sheriff's office suggested in a statement Monday that an explosion heard during the skirmish might have been caused by small propane tanks that authorities said protesters had rigged to explode.

Dallas Goldtooth, a protest organizer with the Indigenous Environmental Network, did not immediately respond to a request for comment Tuesday. Wayne Wilansky disputed the claim by authorities, saying "there's multiple witnesses and my daughter, who was completely conscious, said they threw a grenade right at her."

The North Dakota Highway Patrol backed up the sheriff's office's version of events, saying officers spotted protesters with "multiple silver cylinder objects."

THE ASSOCIATED PRESS

# Trump backtracks on some promises

## GOVERNMENT

### President-elect also took stand against 'alt-right' movement

Two weeks after his election victory, President-elect Donald Trump began backing off campaign promises Tuesday, including his hard line on climate change and his vow to jail "Crooked Hillary" Clinton that had brought thunderous "Lock her up" chants at his rallies.

A top adviser said Trump is now focused on matters that are essential in setting up his administration, not on comments he made during the heat of the campaign.

After a year blasting The New York Times, Trump submitted to an interview with reporters and editors at the Times office. Among the topics covered, he:

■ **Pushed back against questions about conflicts** that could arise due to a lack of

separation between his government post and his many businesses, declaring that "the law's totally on my side, the president can't have a conflict of interest."

■ **Took his strongest stance yet against the "alt-right,"** a term often used as code for the white supremacist movement. Though members are celebrating his victory, he said, "It's not a group I want to energize. And if they are energized, I want to look into it and find out why."

■ **Spoke positively** not only of fellow Republicans in Congress — "Right now they are in love with me" — but also of President Barack Obama, who he said is "looking to do absolutely the right thing for the country in terms of transition."

Trump, who left late Tuesday to spend Thanksgiving at his estate in Florida, also continued to work to populate his incoming administration, officially asking GOP presidential rival Ben Carson to head the Department of Housing and Urban Development, according to a

person familiar with the offer. Carson is expected to respond after the holiday.

Adviser Kellyanne Conway said earlier on MSNBC's "Morning Joe" that Trump is "thinking of many different things as he prepares to become the president of the United States, and things that sound like the campaign aren't among them."

His interview comments on a possible prosecution of his former foe Clinton stood in stark contrast to his incendiary rhetoric throughout the campaign, during which he accused her breaking laws with her email practices and angrily barked at her that "you'd be in jail" if he were president.

"I don't want to hurt the Clintons, I really don't," Trump said in the interview. Sympathetically, he said, "She went through a lot and suffered greatly in many different ways."

Though he declined to definitively rule out a prosecution, he said, "It's just not something that I feel very strongly about."

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### IN BRIEF

#### Turkey scraps controversial child-marriage bill

Turkey on Tuesday scrapped a proposal that critics said would have allowed men accused of sexually abusing underage girls to go free if they were married to their victims. The proposal, which had provoked a public outcry, was scheduled to undergo a final vote on Tuesday.

It would have deferred sentencing or punishment for sexual assault of minors in cases where there was no physical force and where the victim and perpetrator were married.

Hours before the vote, Prime Minister Binali Yildirim said the government had withdrawn the bill to submit it to a review by a parliamentary committee.

THE ASSOCIATED PRESS



## BLACK FRIDAY

## Using technology to help you snag a deal

With Canadian retailers trying to keep people shopping on this side of the border on Black Friday, the best deal might come from your computer, tablet or phone screen.

Even if you're out and about, there are plenty of ways to use technology to make sure you are actually getting a deal.

## DO YOUR RESEARCH

Most of the big retailers already have their flyers out, and plenty of sites are compiling them.

Flipp is an app that collects all your local flyers and lets you search them. Redflagdeals.com also has a Black Friday section where deal hunters share their tips.

## COMPARISON SHOP

The first rule is to know the regular price of what you are looking for. Bar code scanner apps, like Shopsyavvy, should be your go-to tool as well as price comparison sites, including Google Shopping.

## START EARLY

Some sales have already begun, like at Best Buy. For the most part, in-person and online, the early bird gets the deal. Online offerings tend to start at the stroke of midnight, and some e-tailers let you add to your cart beforehand.

## CHECK YOUR INFORMATION

If you are using an online retailer like Amazon.ca, take some time and sign up or confirm that the online service has

your preferred credit card and shipping address. If something scarce goes on sale, the time it takes to set all that up matters. Also, check out cash back sites like Ebates.com.

## TOO GOOD TO BE TRUE?

Double-check what the currency is quoted in as you look for deals in Canada and in the U.S. Also, a lot of older stock is used as door crashers, so check to see if the product is refurbished.

TORSTAR NEWS SERVICE



Minister of International Trade Chrystia Freeland speaks to reporters during the APEC Summit in Lima, Peru. The TPP can't go ahead without the United States. THE CANADIAN PRESS

## Pacific deal needs U.S. to survive

## TRADE

## Canadian minister says 12-nation pact in jeopardy

The Trans-Pacific Partnership can't go ahead without the United States, Canada's trade minister said Tuesday in the wake of Donald Trump's renewed vow to pull his country out of the controversial 12-country pact.

International Trade Minister Chrystia Freeland said it's long been no secret that the Pacific Rim deal would hinge on the participation of the U.S., a factor that boils down to simple arithmetic.

The TPP, as it is known, can only come into force if ratified by six of the 12 member countries representing 85 per cent of their combined GDP, Freeland said Tuesday.

"What that means, in practice, is the TPP agreement as currently structured and finalized can only come into force if it's ratified by the United States — but that's not new,"

Freeland said.

In a YouTube video released Monday, Trump said he will issue a notification of intent to withdraw from the agreement on his first day in power, a move many believe would kill the deal outright.

A Canadian government official, speaking on condition of anonymity because of the sensitive nature of the issue, said no decision on pulling out of the TPP becomes final until February 2018.

When the participating countries signed the agreement last February in New Zealand, that two-year time frame was built into the process to take into account the domestic political situations in all 12 countries, the official said.

The TPP is intended to open up trade among the 12 countries that encompass nearly 40 per cent of the world's GDP, including Canada.

During question period Tuesday, Conservative trade critic Gerry Ritz urged Canada to follow some of its other TPP partners — notably Japan, New Zealand, Mexico and Australia — and ratify the deal without the U.S. THE CANADIAN PRESS

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## IN BRIEF

## Retail sector employment to hit 12-year low: Report

Employment in Canada's retail sector will hit a 12-year low this year as companies adopt technology and trim costs in response to weak growth in consumer spending, says a new

report. The Conference Board of Canada says jobs in grocery, clothing, department, home improvement, furniture and appliance stores will fall to 1.26 million, a drop of 2.6 per cent from last year and the lowest it has been since 2004. THE CANADIAN PRESS





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# metro VIEWS

Your essential daily news

Wednesday, November 23, 2016



## JESSICA ALLEN ON A GORILLA-MARTYR'S LEGACY



### It's been six months since Harambe's death at the Cincinnati Zoo, and the smartest, most meaningful response to date has been a single joke by Dave Chappelle

It's been six months since Harambe, a 17-year-old 450 lb. male gorilla, was shot dead by Cincinnati Zoo officials after a three-year-old boy fell 10 feet into the primate's enclosure.

Although the social media outrage subsided quickly — it always does — Harambe still lives as meta-punchline: A Facebook blog with nearly 900,000 followers; viral songs and videos; and, of course, memes — some humorous, and some so offensive that they are banned from university campuses.

Comedian Dave Chappelle mentioned him in his recent Saturday Night Live monologue: "The Cincinnati police said, 'Shooting a gorilla was the toughest decision this department has ever had to make'... You're about to see a lot of n—s in gorilla costumes in Cincinnati."

Chappelle's joke was a much smarter response to the gorilla's death than all the petitions — some calling for the toddler's mother to be fined for negligence; others for Harambe's "murderer" to be charged with animal cruelty — and more meaningful than the countless candlelight vigils held from Laurier to Leeds.

I went to one of the vigils, on a late Thursday evening in September, at Ryerson University in Toronto. Students gathered at Lake Devo, a small park made mostly of concrete. Their purpose, according to the event's Facebook page: "to commemorate the passing of our beloved Harambe, who

taught us nothing but kindness." It was "BYOC": "Bring Your Own Candles."

Hundreds did, placing them around a framed photo of Harambe set up in front of a 15-foot boulder.

The Lord's Prayer was broadcast to the growing crowd through a sound system consisting of two speakers, a laptop and a microphone.



**FACES OF GRIEF** Students gather at a vigil for Harambe the gorilla at Toronto's Ryerson University in Toronto in September. JESSICA ALLEN/FOR METRO

The crowd began to chant "D—ks out!" A student approached the mic: "Are there people out there who think Harambe was just a gorilla?" he asked. "No!" the crowd responded.

"We got Harambe merch here," an organizer noted. Black T-Shirts with a white image of Harambe in the style of Che Guevara were \$20. "They look really nice," a woman said, holding one up to herself. Harambe pins were \$1.

"Lake Devo should be Lake Harambe from now on," a young man yelled into the mic. Cheers from the crowd.

"I miss you, Harambe," another said. "I wish they took that mother's life instead." The crowd gasped, then laughed.

A poster of Harambe was taped to the boulder as more candles were set around the

glowing effigy of the deceased.

Guns and Roses' "Welcome to the Jungle" played. "What a touching song," someone noted. It was followed by Sarah McLachlan's "I Will Remember You," Whitney Houston's "I Will Always Love You," and a cover of "In the Arms of an Angel." In between songs, the "d—ks out" chant returned. "Someone is smoking

posed together for selfies. A student wearing a cardboard sign that read "Harambe is love. Harambe is love. May his light shine on us all" weaved through the crowd, which looked to be about 150 strong.

Sam Smith's "Stay with Me" played, followed by Michael Jackson's "You Belong To Me."

"Someone curated the playlist really well," a woman noted.

"What started off as a joke..." an organizer began before the crowd interrupted with boos. "It's not! Let me finish! Beyond border, beyond religion, we are one and we are here for Harambe."

"We are going to celebrate," his colleague said. "Whip that s—t out for Harambe!"

"F—ing rest in peace," a votive offerer said, just as Gary Jules' "Mad World" began.

Friends held each other and swayed back and forth to the lyrics. They gathered shoulder to shoulder around hundreds of candles melting around the shrine-like effigy. There were offerings of bananas. And one dildo.

Young faces were illuminated by candlelight and cell-phones, brands used by those who tweeted death threats at a mother who looked away, a brand I will use to tweet out a link to this column.

They're all made of coltan, a mineral found in the forests of Africa's Democratic Republic of Congo and whose mining over the last two decades has dramatically reduced gorilla habitat, causing more deaths among animals with whom we share 98 per cent of our genetic code than the Cincinnati Zoo ever could.

A woman lit her tea light using her friend's cigarette.

"I hate myself," she said.

Jessica Allen is the digital correspondent on CTV's The Social.

## VICKY MOCHAMA

### The movie watcher's guide to facing the actual apocalypse

As we await the launch of both the Trump presidency and the attendant nuclear warheads, there may be some lessons to take from the disaster movies of the late '90s.

In this time of uncertainty, these movies demand to know: Are you a hero, a survivor or an early casualty?

If you're a hero type, you'll be drawn to the Armageddon model: Bruce Willis and bunch of professional oil drillers learn to be astronauts so they can dig a giant hole into the asteroid that will end the world. While the movie can be read as an indictment of NASA's emergency preparedness, it's also a handy means of deciding how serious you really are about this whole saving-the-world lark. How many G forces can you tolerate for the sake of all mankind? Are you willing to go to space with all your co-workers?

Survivors will want to follow Tommy Lee Jones' example in Volcano. Survivors just do their job.

Jones' character, an emergency planner, goes into work on the first day of his vacation only for a volcano to surface from under the city of Los Angeles. Determined not to lose more vacation time, he dispatches the volcano in just two days.

His daughter is not a survivor; she screams, "Dad! The lava!" while lava moves towards her. Were it not for her father's determination not to lose more vacation

days, she would not have made it past the first half of the movie.

Which brings us to the early-casualty type. For some reason, women in these movies are into dying quickly and needing to be saved from themselves. Perhaps it's the patriarchy or bad writing or both.

I point you to Twister's Helen Hunt. Her character is leading a scientific study of tornadoes to create early-warning systems. While she doesn't die in the film, it's not for lack of trying. Her approach seems to consist of walking and driving directly into the storms until she's rescued by Bill Paxton — not a known scientific method.

It's left to you, the viewer, to decide whether, given some advance notice of the end of the world, you'd be all right with simply walking into the abyss.

I have reluctantly decided that I'm a survivor. I watched all of these movies with my siblings and warned them that, if lava was coming in their direction, I would not be saving them. That's hero work.

As much as there is to be learned from them — i.e., squint hard enough and you can tell whether a tornado is turning — they have a calming effect. The events of the last two weeks have left me feeling off-kilter and overwhelmed, but even with all terrible things happening, now, unlike NASA, I feel prepared.

**'We got Harambe merch here,' an organizer noted. Black T-Shirts with a white image of Harambe in the style of Che Guevara were \$20.**

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# BANFF CRAFT BEER FESTIVAL

Friday November 25<sup>th</sup> 5pm – 10pm Saturday November 26<sup>th</sup> 12pm – 4pm & 5pm – 9pm at the Banff Cave & Basin

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PRESENTS



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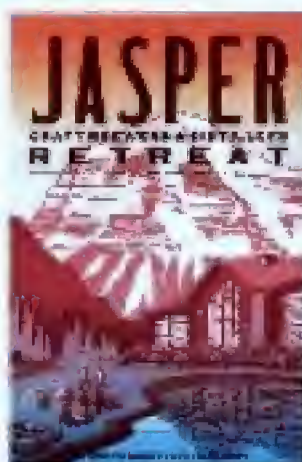
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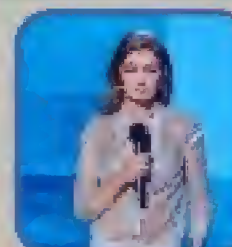
**THIS FRIDAY  
& SATURDAY**

**Event map &  
details inside  
this issue!**

# metro LIFE

Your essential daily news

Wednesday, November 23, 2016



Gigi Hadid apologizes to anyone her Melania Trump impression may have offended

## Moana based on rich past

DISNEY MOVIE

### History of Polynesians not taught in many schools

Genna  
Buck  
Metro Canada



We set a course to find  
A brand new island everywhere we  
roam

Aue, aue  
We keep our island in our mind  
And when it's time to find home  
We know the way  
These words, from We Know  
the Way, a soaring number in  
the new Disney musical Moana,  
describe a real-life society more  
magical than the usual enchanted  
forests and talking teapots.

Moana takes place in the ancient Pacific Islands, a still-surviving Polynesian civilization with a tradition of high seafaring.

Yet their achievements are not well known in North America, nor taught in many schools, said Patrick Kirch, director of the Oceanic Archaeology Laboratory at the UC Berkley.

Polynesians are descendants of Austronesians, a group of agricultural peoples who fanned

out from near modern-day New Guinea starting five or six thousand years ago. (At least, researchers think so. It's still a matter of debate).

Travelling in outrigger canoes — like a North American canoe, but less tippy and faster, thanks to stabilizing beams and, later, sails — the Polynesians landed in Tonga and Samoa, 5,000 kilometres from their starting place, by about 900 BC.

Around AD 900 came their second great age of exploration. They sailed thousands of kilometres of open ocean to islands where humans hadn't yet tread, from Hawaii in the north to New Zealand in the west and Easter Island in the southeast.

It was all because of somebody's idea to stick two canoes together and connect them with a deck, creating a proto-cata-maran that could carry enough food, including live pigs, dogs and chickens, to sustain 50 to 60 people for months.

"They really opened up the whole Pacific world," Kirch said. "Europeans didn't venture very far until the late 1400s. This is 500 years before that."

The wooden boats were sewn together with coconut fibre rope. The people didn't have nails or even the wheel. And yet they found their way. As the song

says, they kept their island in their mind.

"They didn't have sextants or even maps," Kirch said. "They had memorized, incredibly, star rising and setting positions."

Though the film takes some liberties (it depicts double-hulled canoes existing 3,000 years ago when it was more like 1,000), quite a bit is drawn from real Polynesian history and folklore.

Maui (pictured right), voiced by Dwayne "the Rock" Johnson, a demi-god who pulls islands from the sea, lassoes the sun and controls the tides, is a legend in the whole region. The teenage heroine Moana, a chief's daughter whose name means "ocean," is Disney's invention.

In the movie, the resources of Moana's island home are nearly depleted after centuries of human habitation, and, finding herself overwhelmed with wanderlust, she sets sail to dis-



The Hōkūle'a, a historically accurate replica of an ancient double-hulled Polynesian canoe, has been sailed around the South Pacific and the whole world since the 1970s (above); the canoe is depicted in the new Disney musical Moana (below). PHIL UHL/WIKIMEDIA COMMONS; CONTRIBUTED

cover someplace new.

That's realistic enough — though in a strict patriarchal society, it would never have been a girl who saved the day, Kirch said.

"There are push factors; on smaller islands populations built

up, there was competition and warfare. But there was also a kind of a pull. These people had a conception that there were always more islands out there. They had stories and traditions about it.

"It was much like medieval European society. The older son

inherits the land and the title. So if you're a junior sibling and you go out and find a new island, you become the chief.

"There's a certain drive: 'Let's take this big canoe. You know grandpa found this island. Maybe there's another one out there.'"

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# Kanye West hospitalized due to stress, exhaustion



Kim Kardashian was scheduled to attend a charity ball honouring her late father Monday night, but amid reports her husband Kanye West was hospitalized she didn't show up.

ALAIN JOCARD/AFP/GETTY IMAGES FILE

## CELEBRITY

### Reports follow frenzy over cancelled tour, Trump support

Kanye West has been hospitalized after abruptly cancelling the last 21 dates of his national tour, according to reports from several media outlets.

Citing anonymous law enforcement sources and West representatives, the media outlets reported that the hip-hop superstar was taken to Ronald Reagan UCLA Medical Center in Los Angeles on Monday afternoon because of stress and exhaustion, and he is spending the night there for his own safety.

Without confirming that the patient was West, Los Angeles police told The Associated Press that officers were called to a house on Laurel Avenue near West Hollywood for a disturbance at about 1:20 p.m. When they arrived it was clear that nothing criminal was occurring and it was a medical situation instead.

Police told the AP that the patient was taken in an ambulance to the hospital and placed on a psychiatric hold.

Representatives for West and his wife Kim Kardashian did not reply to several messages left by the AP seeking confirmation or comment. The hospitalization was first reported by NBC News.

Kardashian had been expected to make her first public appearance Monday night since she was tied up and robbed at gunpoint

## GOSSIP

### Robert Kardashian would have been 'proud' of family

With daughters Khloe and Kourtney Kardashian by her side, an emotional Kris Jenner paid tribute to her late ex-husband lawyer Robert Kardashian, saying he taught the family about the importance of philanthropy and would be "very proud" of their success. He was posthumously honoured Monday night during the annual Angel Ball, which raises money for cancer research. THE ASSOCIATED PRESS

last month in Paris. It was to come at the Angel Ball, a charity event in New York honouring her late father, Robert Kardashian.

But amid the reports about West, she did not show up.

West had just pulled the plug on his Saint Pablo Tour after days of erratic and angry behaviour that made an even hotter topic than usual on social media.

On Friday, during a concert in San Jose, West said he didn't vote in the presidential election but would have cast a ballot for Donald Trump, praising the president-elect's "method of communication" as "very futuristic."

On Saturday in Sacramento he ended his show after just four songs, but not before a 10-minute tirade about Beyonce, Jay Z, Hillary Clinton, Mark Zuckerberg, the radio and MTV.

THE ASSOCIATED PRESS



JOHANNA SCHNELLER WHAT I'M WATCHING

## Is The Fall good or fake good?

THE SHOW: The Fall, Season 3, Episode 2

THE MOMENT: The hospital visit

At the end of Season 2, Paul Spector (Jamie Dornan) confessed to being the Belfast Strangler, who murdered many women. Then he got shot. Now he's in hospital recovering, while Stella Gibson (Gillian Anderson), the lead detective who hunted him down, hovers nearby.

A doctor asks Spector what year it is. He answers, "2006." (It's really 2012.) The doc dismisses that as normal disorientation. A scene later, Spector's daughter Olivia (Sarah Beattie) visits him. He seems bewil-



The Fall aired on Bravo. Episodes can be seen at bravo.ca.

CONTRIBUTED

dered to see her. "Why are you so big?" he asks.

Oh no. Amnesia??? You may argue that I should wait and see; perhaps he's only

pretending. He's a criminal mastermind, after all. To that I reply, oh no. Fake amnesia???

This series has always confused me. The scripts' many

lines of allegedly feminist dialogue are so on the nose they're almost risible. ("We've chosen to work in a masculine, patriarchal, paramilitary culture," Gibson purrs to a fellow female cop. "Let's not let it beat us.")

Even worse, that feminist talk is set off by far more numerous, lovingly-shot images of Spector's misogynistic thrill kills.

And now (sigh) amnesia??? Could this series' attractive surface be fooling us? Could it be ... fake good?

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

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**ROSE REISMAN THE SAVVY EATER****THIS WEEK:** Spinach and artichoke dip vs. chili popcorn shrimp

Some starters will have your meal ending in a nutritional disaster.

**PICK THIS****Milestones Chili Popcorn Shrimp with Chili Avocado Sauce****Calories** 540**Fat** 32g**Saturated Fat**

4.5g

**Sodium**

1510mg

**SKIP THIS****Milestones famous Hot Spinach and Artichoke Dip and Tortilla Chips****Calories** 1150**Fat** 81g**Saturated Fat**

30g

**Sodium**

1490mg

**HERE'S WHY****Equivalent in fat to more than 10 medium slices of ham and pineapple pizza from Domino's.**

The appetizers we eat before our entrées can have more calories, fat and sodium than we should be consuming in an entire day! When we hear the word "spinach," we think green and healthy, but the creaminess comes from the fatty mayonnaise and cheese. There is spinach, but it's not that evident. While the Chili Popcorn Shrimp are still fried and served with buttered popcorn and avocado aioli, it ends up being a much lighter pick.

**FOOD BRIEFS****Kids who drink whole-fat milk leaner, study finds**

Young children who drink whole cow's milk tend to be leaner and have higher vitamin D levels than those who consume low-fat or skim milk, researchers say.

In a study of more than 2,700 children aged one to six, Toronto researchers found that those who drank whole milk had a body mass index score almost a full unit lower than kids who drank one per cent or two per cent milk.

That's comparable to the difference between having a healthy weight and being overweight, said Dr. Jonathon Maguire, a pediatrician at St. Michael's Hospital who led the study.

Kids who consumed whole-fat milk were roughly three times less likely to be overweight and two times less likely to have a vitamin D deficiency compared with children given one per cent milk, he said.

THE CANADIAN PRESS

**LIQUID ASSETS PETER ROCKWELL****Finding the perfect all-purpose people pleaser**

reds I always recommend a bottle from Valpolicella, a winemaking zone in the northeastern region of Veneto in Italy. Made primarily for Corvina, a grape native to the area, classic Valpolicella is smooth and juicy with a sublime balance of tannin and acid.

With its flowing flavour trail of bright cherry fruit, Bolla's 2015 Valpolicella Classico (\$13.95-\$16.99) is the quintessential version that's perfect as a cocktail wine or as a companion to a complex meal.

Prices reflect the range across the country. Some products may not be available in all provinces.



With the holidays fast approaching, I'm betting many of you will be searching for the ultimate Goldilocks wine: one that's not too light or too heavy, too sweet or too dry. In other words, a wine that is just right.

On the white side a glass of German-made Riesling is my pick for the perfect all-purpose people pleaser. Typically soft with a hint of residual sugar, they mix and mingle with a broad range of cuisine, while offering a flavour profile that's incomparably drinkable.

When it comes to

**RECIPE****Give your day a smooth start****Ricardo Larrivée**

For Torstar News Service

A healthy breakfast can be the difference between a good day and a sluggish one. The trick to any well-balanced meal is to have a good mix of protein, fibre-rich carbs and healthy fats.

Cue this smoothie bowl, packed with the creamy goodness of Greek yogurt and blended with a drizzle of maple syrup and antioxidant-rich blueberries, blackberries and banana. Top it with crunchy, homemade quinoa granola, and you have all the nutrition you need until lunch. And it only takes 15 minutes to put together!

**Smoothie Breakfast Bowl****Ingredients:**

- 1/2 cup (125 mL) plain Greek yogurt
- 1/3 cup (50 g) frozen blueberries
- 1/3 cup (45 g) fresh blackberries
- 1/2 small banana, sliced
- 1 tbsp (15 mL) maple syrup
- 1/3 cup (40 g) quinoa granola

**Directions:**

1. In a blender, purée yogurt, three-quarters of the fruit and the maple syrup until smooth.



**This tasty, quick-to-make smoothie breakfast bowl has all the nutrition you need to keep going till lunch.** CONTRIBUTED

Pour into a small bowl.  
2. Top with remaining fruit and the granola.

- 2 tbsp (30 mL) canola oil
- 1/4 tsp salt

**Directions:**

1. With the rack in the middle position, preheat oven to 325°F (160°C). Line a baking sheet with parchment paper or a silicone mat.

2. In a large bowl, combine all ingredients.

3. Spread mixture onto the prepared baking sheet. Bake for 20 minutes, stirring half-way through cooking. Let cool completely.

The granola will keep for about one month in an airtight container in a cool, dry place.

**Quinoa Granola****Ingredients:**

- 1/2 cup (90 g) quinoa, rinsed and drained
- 1/2 cup (80 g) shelled pumpkin seeds
- 1/2 cup (75 g) shelled sunflower seeds
- 1/2 cup (65 g) unsalted cashews, crushed
- 1/2 cup (65 g) unsalted shelled pistachios, crushed
- 6 tbsp (90 mL) maple syrup

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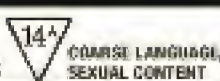
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THE NEW YORK OBSERVER | Rex Reed



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**STARTS TODAY!** Check theatre directories for locations and showtimes





As well as being very tasty, bulgur is full of nutrients and is a particularly good source of protein. KARON LIU/TORSTAR NEWS SERVICE

# A big bowl of comfort... without any of the guilt

## RECIPE

**Bulgur's sweet, nutty texture is a winner in the winter months**

**Karon Liu**  
Torstar News Service

We could all use a little comfort right now, but if we're going to be eating our feelings we should try to be a bit healthier about it.

Try bulgur, a whole grain that's parboiled (it cooks faster than regular rice) with a chewy texture and a sweet, nutty flavour.

If you've had tabouleh, the popular Middle Eastern parsley

and tomato salad, you've had bulgur. Aside from being tasty, bulgur is full of nutrients: a one-cup serving has about 8 grams of fibre and 6 grams of protein.

In this version, I paired bulgur with buttery sautéed mushrooms along with chopped celery.

The celery adds a watery crunch to contrast the gains' tender texture, while the umami, earthy juices of the mushrooms seep into the grains.

This is also a good way to use up celery, which I always have leftover from making mirepoix, the holy flavour base of celery, onions and carrots required in many soups, stews, sauces and stuffing I make during this time of the year.

Toasting bulgur in the pan intensifies its nutty flavour. It's a minor step in the grand scheme

of things, but the payoff is quite noticeable.

**Bulgur With Sautéed Celery and Mushrooms**  
Makes one serving.

## Ingredients:

- 1/2 cup (125 mL) bulgur wheat
- 1 cup (250 mL) no-salt added chicken broth
- 1/2 tsp (2 mL) unsalted butter
- 1 garlic clove, minced
- 3 button mushrooms, sliced thinly
- 2 ribs celery, finely chopped (about 1 cup/250 mL)
- 3 to 4 roughly torn slices prosciutto
- Salt and pepper, to taste

## Directions:

1. In a small skillet over

medium heat, toast bulgur until fragrant, about 2 minutes, careful not to burn.

2. Add broth and bring to boil. Lower heat to a simmer. Cover and let cook until bulgur is tender and liquid is absorbed, about 10 to 12 minutes. Transfer to serving bowl and set aside.

3. Melt butter in same skillet over medium heat. Sauté garlic, mushrooms and celery until slightly browned. Turn off heat. Add cooked bulgur back to pan along with torn prosciutto.

4. Toss and season with salt and pepper. Transfer to serving bowl and serve immediately.

TORSTAR NEWS SERVICE

## COOKBOOK

# Not the normal way to think about food

Alton Brown thinks about food differently than you do. You don't get obsessive with hummus. He does. You don't research the long, weird history of nutmeg or put sumac in everything. He does.

You never considered having spaghetti in the morning. He did — and made it delicious.

You can find Brown, a TV chef and writer, at the intersection of food, science, history and theatre. It's a weird place, as even he admits: "I don't fit in anywhere." He

has a restless, inquisitive mind and a chemist's rigour.

Brown returns this fall with two typically idiosyncratic offerings: A cookbook of the unexpected stuff he eats at home.

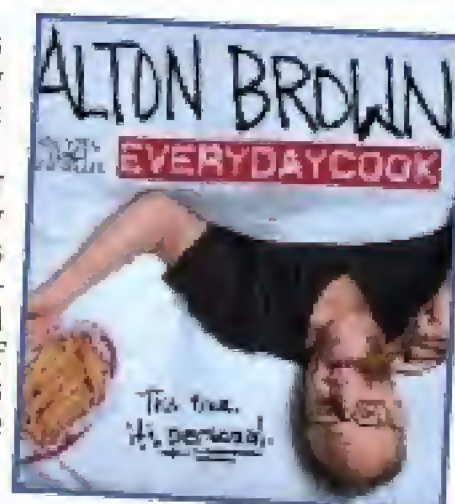
EveryDayCook: This Time It's Personal, his eighth book and first in five years, has 100 quirky recipes, from mussels in miso to kimchi crabcakes.

It was only after he saw the book's photos — all taken by his assistant using an iPhone —

of the way he likes to serve his food that Brown, as he politely notes, "was made mindful that I'm not normal."

"Not everyone plates their chips and salsa in a 1974 Mercury hubcap. Not everybody plates crackers in a Kodak slide carousel. I had not really reckoned with how odd I am," he says. "If you don't like this book, odds are you don't like me. Because that's pretty much me."

THE ASSOCIATED PRESS



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## PRODUCE

## Roly-poly pear produced to be a wintertime favourite

Late fall usually is a sad time for local pear lovers as first Bartlett, then Bosc disappear from supermarket shelves, to be replaced by imports.

But until the end of January Canadian growers are proudly packing a new late-season variety in bright blue bags.

Here's to Cold Snap, the sweet, juicy pear with the pretty pink blush that aims to become winter's favourite fruit.

"It will probably take a couple of years to become a household name like Honeycrisp," says Matthew Ecker, sales and business development manager at Vineland Growers Co-operative in Jordan Station, Ont., which grows and markets the fruit.

This squat, roly-poly pear, the first bred in Canada, was released in 1972 under the name AC Harovin Sundown. As the first of 75,000 trees in Ontario and Nova Scotia came of age last year, growers searched for a catchier name. Cold Snap was born, with its own website, cold-snappear.ca.

As part of the branding process, Consumer Insights Research program leader Amy Bowen conducted pear focus groups at Niagara's Vineland Research and Innovation Centre.

Consumers are particularly annoyed with pears that are rock-hard one day and mushy the next, Bowen says, a problem Cold Snap doesn't have. She says

# Pear-fectly Canadian



This year the Cold Snap is available in Ontario, Quebec and Nova Scotia, but in a couple of years, the current plantings will reach full maturity and supply will extend across Canada.

CONTRIBUTED/VINELAND GROWERS CO-OPERATIVE

participants also loved the pear's made-in-Canada story.

Cold Snap is grown using new techniques that produce lots of skinny Charlie Brown-like trees loaded with pears on far less land than the old sprawling trees.

A few general rules for pear storage:

### Buy & Store

If you like firm pears, refrigerate immediately. Or leave on the counter for two to three

days to soften slightly.

Bright yellow skin indicates optimal flavour. Unlike its Bartlett cousin, Cold Snap remains firm even when ripe.

Don't store near aromatic foods such as onions.

### Prep

Handle fibre-rich pears with care to avoid bruising.

Rinse under cool running water and serve. Peel and core just before using.

Cold Snap is pear-fect for



poaching, roasting or baking.

### Serve

Try a pear-cranberry crisp or a pear-parsnip soup.

Think preserves, dumplings

and sorbet.

Slice and serve raw with a plate of creamy cheeses or toss in a salad, leaving on the pretty yellow skin. **TORSTAR NEWS SERVICE**

## RECIPE

### Hazelnut Pear Cake

Makes 10 servings.

#### Ingredients:

- 4-1/2 cups (1.125 L) water
- 2-3/4 cups (675 mL) granulated sugar
- 1 tsp (5 mL) lemon zest
- 1/4 cup (50 mL) fresh lemon juice
- 1-1/2 tsp (7 mL) vanilla
- 5 small pears, peeled, cored and halved
- 2 cups (500 mL) ground hazelnuts
- 6 large eggs, separated
- 1/4 tsp (1 mL) cream of tartar
- Garnish: icing sugar

#### Directions:

**1.** In large saucepan, combine water, 1-1/2 cups (375 mL) of the sugar, lemon zest, lemon juice and 1/2 tsp (2 mL) vanilla. Stir over medium-high heat until sugar dissolves. Add pears; bring to boil. Reduce heat to medium and simmer until pears are just tender, turning occasionally, about 10 minutes. Let cool in syrup. (Prepare up to 1 day ahead, cover and refrigerate.)

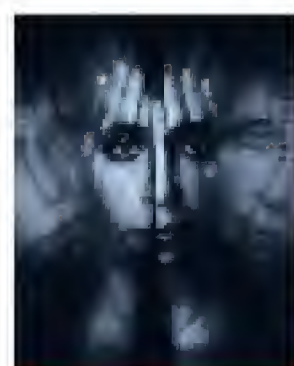
**2.** Drain pears well, reserving syrup for another use. In medium bowl combine hazelnuts, 1 cup (250 mL) of the remaining sugar and cornstarch; set aside.

**3.** Grease and flour (regular or gluten free) a 10-inch (3 L) springform pan. Set aside.

**4.** In large bowl, beat egg yolks until frothy. Stir in remaining 1 tsp (5 mL) vanilla and hazelnut mixture until well combined; set aside.

**5.** With clean beaters, beat egg whites until frothy. Add cream of tartar and beat to soft peaks. Beat in remaining 1/4 cup (50 mL) sugar until peaks are stiff. Stir one-third of whites into egg yolk mixture and combine well. Gently fold in remaining whites. Pour into prepared pan.

**6.** Place one pear half, cut-side down, in the centre of batter and arrange remaining halves in a circle around it, stem toward centre, leaving a 1-inch (2.5 cm) border. Bake in 350°F (180°C) oven 1 hour and 15 minutes or until golden brown and cake part no longer looks wet. Cool on rack for 15 minutes. Run sharp knife around edge of pan. Remove side and use a metal spatula to remove bottom; cool cake completely on rack.



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Any information collected is confidential. This study has been approved by the University of Calgary Ethics Board (REB15-0526).

## NOTICE OF HEARING FOR PERMANENT GUARDIANSHIP ORDER TO:

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Take notice that on the **9th day of December 2016 at 2:00 p.m., at Calgary Family Court, Courtroom # 1505, 601 – 5th Street SW, Calgary, Alberta**, a hearing will take place.

A Director, under the Child, Youth and Family Enhancement Act will make an application for: **Permanent Guardianship Order**, of your child born on **April 13, 2016**. If you wish to speak to this matter in court, you **MUST** appear in court on this date. You do have the right to be represented by a lawyer. If you do not attend in person or by a lawyer, an Order may be made in your absence and the Judge may make a different Order than the one being applied for by the Director. You will be bound by any Order the Judge makes.

You do have the right to appeal the Order within 30 days from the date the Order is made.

**Contact: Jackie Ellice; Leanne Baines; Daniella Eggink**

Calgary Region, Child and Family Services

Phone: (403) 297-2978

## BOOKS

# We need 'famous' cuisine: Myers

**Amy Pataki**

Torstar News Service

Mike Myers eats like other Canadians do.

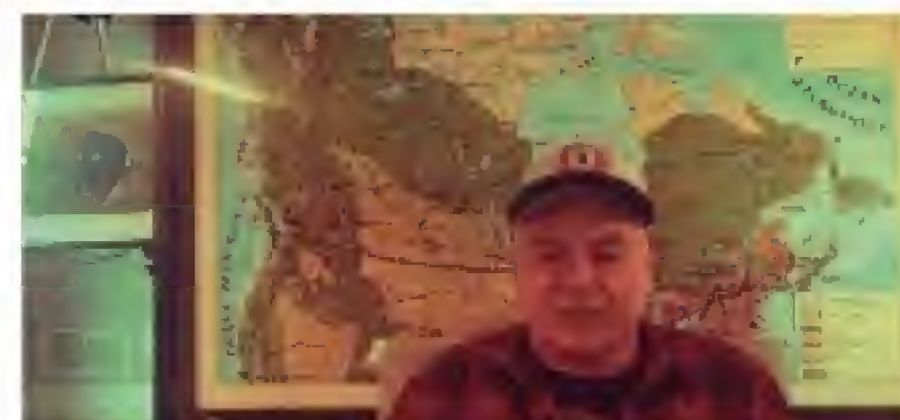
He has ordered perogies in Winnipeg and peameal bacon sandwiches at the CNE. He even craves Kraft Dinner but once had to leave the supermarket without it after he was swarmed by 200 people. In Cobocok, Ont., population 800.

The actor/comedian writes about food and other matters of national identity in Canada, published recently for the upcoming sesquicentennial.

When it comes to Canadian food, Myers says nobody knows about it.

"In New York City, I'll go out for Italian, Chinese or Mexican, but when's the last time you went out for Canadian? You didn't. And don't say poutine. That's a topping."

I beg to differ. Self-described Canadian restaurants abound across the country, of which



**Actor/comedian Mike Myers writes about food and other matters of national identity in new book, Canada.** SCREENSHOT

Canis in Toronto is the latest to wave the flag.

"We know we don't have a 'famous' cuisine, but we also know we do have 'famous' ingredients. B.C. apples, Saskatchewan wheat, Nova Scotia salmon and Manitoba ... stuff," Myers writes.

"Ingredients are what help define Canada. Likewise, Canadian culture as a whole may not be famous, but the 'ingredients' of our culture are."

Well played, Mr. Myers, well played.

Four things I learned from Mike Myers' Canada:

• Paul McCartney wears an Ontario Provincial Police patch for the 1967 Sgt. Pepper's Lonely Hearts Club Band album.

• Maple Leafs is grammatically correct because it is the plural of a name, not a unit of foliage.

• Canadians say been as "bean" vs. Americans, who pronounce it "bin."

• A "Scarborough suitcase" was a 12-pack of beer with a cardboard handle.



# Tips from those on the inside

## GET THE BEST DEALS

### Take notes before hitting shops online or in-store

Camilla Cornell

Savvy shoppers know you can score some great deals on the day after American Thanksgiving in Canada, as well as the U.S. Read on for tips from a fashionista, a deals aficionado and a money expert to ensure you get the most bang from your buck.

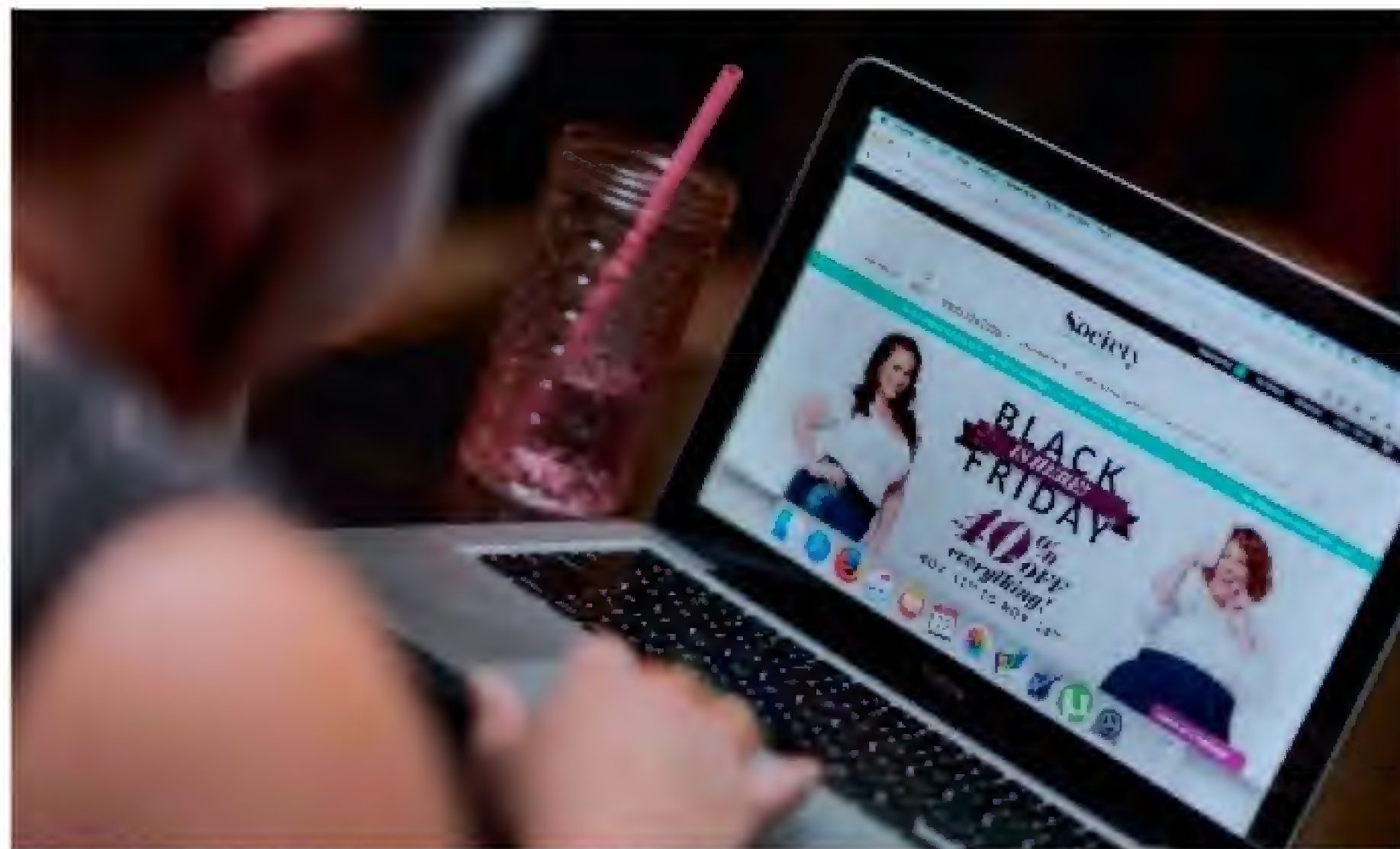
Plus-size blogger Jessica Biffi (justbiffi.com) has been making waves in the fashion industry since ending Project Runway Canada, as the season 2 runner up. She has since launched her own clothing and accessory lines, and capsule collections for Addition-Elle and Pennington.

The self-described "Toronto girl with a serious fashion addiction" says most retailers let you know about sales in advance. So if there's a store or chain you frequent, sign up for their email sales alerts.

"Then you can gauge whether or not you want to deal with the situation in person or on line," said Biffi. Her own preference is almost always to shop online during Black Friday. "It's just overwhelming otherwise," she said.

When buying clothing online, Biffi suggests, it pays to do a bit of research up-front before you let your fingers do the walking. "Sizes have the same range at most stores, but the fit can be very different," she said.

At the very least, measure



Plus-size blogger Jessica Biffi suggests signing up for email sales alerts from your favourite retailers. ELLIOT PARROTT PHOTOGRAPHY

yourself and look over the online size chart. Or do some pre-shopping. "If you know you really like something, get to the store a few days in advance and try stuff on," Biffi suggested. "Then you will be on a mission to grab your things the day of, and you won't have as much stress to deal with."

Raymond Lau, of Canada Deals Blog, has been a deals shopper for as long as he can remember, but since 2010, the Calgarian has been blogging full time about the specials he finds to his 50,000 subscribers across the country. Lau updates his site daily with local shopping deals in major Canadian cities.

"Black Friday, Cyber Monday and Boxing Day are the three biggest days of the year for me," he said. "My traffic spikes like crazy." The problem: since he's aware of the deals on offer, Lau can't resist doing some shopping himself. "I probably spend more than I should," he admits.

Lau finds the best Black Friday deals on consumer electronics such as televisions and gaming consoles. But, he warns, some electronics retailers charge as much as a 50 per cent restocking fee once you open the box, "so only open it if you plan on keeping it."

Door-crasher specials can offer particularly great value,

he adds, but they are frequently reserved for the first few people in the store, so get there early. "I never wait in line," Lau said. "I don't believe in it. But a few years ago, I actually camped out with my wife and we were lucky enough to be the tenth in line to get a \$3,000 TV for \$900." He confesses he would have been pretty upset if he'd been 11th and missed the deal.

To avoid size snafus when buying online, Lau usually purchases two sizes (medium and large) and tries them on when they get to the house. "I just keep the one that fits and return the one that doesn't," he said.

When you do shop in store, he advises, make sure you have a game plan. Check the flyers and Lau's website (CanadaDealsBlog.com) in the week leading up to Black Friday and try to cherry-pick the deals, concentrating on stores that rarely have sales, such as Lululemon and the Apple Store.

Finally, to beat the rush, you might want to shop early. "A lot of retailers kick off deals on Thursday at midnight," Lau pointed out. "That's when you'll find the best inventory and selection." On the other hand, many sales extend throughout the week, and you may find the crowds thinner if you hold off.

Limor Markman of Limor Money strives to empower young women to take strides toward controlling their financial destiny through her website (limor.money) and her online videos. And she practices what she preaches.

"I only buy things on Black Friday that I was planning to buy anyway," she said. "A couple of weeks ago, my luggage jammed open on a trip, so I am totally waiting for Black Friday to buy luggage this year."

Markman warns against simply showing up at the mall to see what you can find. Instead, shop with a list of things you need and holiday gifts (in which case, you should make sure you can refund or exchange into January).

Do your homework by scanning flyers and online sites in advance to find out who has the best discounts, Markman advises. "And make sure you're well-versed in the prices of the things you want to buy," she added. "Otherwise you may think you're getting a great deal and it may actually not be." A sign that screams "40 per cent off suggested list price!" doesn't mean much if the list price is inflated.

Another cautionary note: if you're buying online from a U.S. retailer, don't forget that "the price isn't actually the price," points out Markman. You have to do the currency conversion to Canadian dollars. In addition, you'll be charged an exchange fee on your credit card and you may have to pay duty and shipping fees (because often shipping is only free south of the border).

"That price may look amazing," said Markman. "But by the time you pay all those extras, you may actually be paying more than in Canada."




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# Go luxe for a less frenetic Black Friday

## SHOPPING SEASON

### Luxury retailers in Canada offer unique choices

Camilla Cornell

When it comes to Black Friday offerings, the newly vibrant luxury shopping segment should give well-heeled Canadians a reason to shop at home, says Jim Danahy, CEO of retail advisory firm the customerLab in Toronto. "We've certainly seen an expansion in that segment and we expect more of it," he said.

In the past few years, Canada has seen American lux retailers Nordstrom and Saks Fifth Avenue arrive on the scene, while homegrown Holt Renfrew has expanded its presence. "We've never seen so much competition in the luxury shopping category," said Danahy.

What's driving the growth? At least for the American retailers, it's a function of the fact that growth at home has been sluggish, says Wendy Liebmman, CEO of WSL Strategic Retail. And

when they're looking to expand, they tend to look for "places where there seems to be space in the market to offer unique choices and that are more culturally familiar and affordable," she said. "In the case of Canada, there's a lot of real estate space."

But when it comes to holiday deals, Danahy warns, "Black Friday and luxury shopping are a bit of an oxymoron." Although many of these retailers may offer special promotional merchandise for the holidays, "they tend to compete more on assortment and service, than on price," he said.

For example, Nordstrom — which now has five locations in Toronto (two), Ottawa, Vancouver and Calgary — is known for its attentive sales staff. It has hired an additional 11,400 seasonal employees for stores in Canada and the U.S., about 9,500 of them in sales and stock positions.

Nordstrom will kick off the holiday season with free silver gift boxes in every department and its own army of elves; better known as personal stylists. Although the stylist service is available free year-round, it's a particularly "helpful time saver during the busy holidays," said spokesperson John Bailey.

Customers can make an ap-



Nordstrom in Calgary will kick off the holiday season with free silver gift boxes in every department. TODD KOROL/TORONTO STAR

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Holt Renfrew is offering high-end stocking stuffers. CONTRIBUTED

pointment with a stylist by phone, online or in person, he adds, and they'll "take care of everything on your list from finding the perfect gift to decking you out for party season. They'll even put items in gift boxes and ship your packages."

Nordstrom isn't dispensing with sales either. It will offer an extra 20 per cent off select clearance items from Nov. 24 through Nov. 28, for example. But Bailey says the company still doesn't really have a sense of how Black Friday will "translate in Canada," since it just opened its doors.

Saks Fifth Avenue will put the focus on customer service this holiday season. Its 25,000-square-foot space in Toronto offers per-

sonal stylists to give customers the kind of VIP treatment they can't get just anywhere. Think access to a private lounge and roomy luxury shopping suites.

And if you're looking for shoes...well, Saks Eaton Centre location offers more than a thousand pairs to choose from, including an entire table of Manolo Blahnik. Called 10022, the Saks shoe section is named after the original Manhattan store's shoe department — it was so expansive it required a new zip code.

That said, "don't expect a whole lot from Sak's that is price-related," said Danahy. "They may have special merchandise and special offers, but it's less likely to be driven by price."

## + 'TIS THE SEASON

### Black Friday is a North American thing

"The U.S. retailers in Canada recognize that Black Friday is a North American thing and will not be so foolish as to say, 'We're not doing anything,'" says Wendy Liebmman, CEO of WSL Strategic Retail. "They will offer promotions for the Canadian market."

Still, she says, if you're looking for a less frenetic shopping experience with plenty of assistance available when you need it, by all means turn to the GTA's expanding ranks of luxury retailers. But if you're looking for knock-down, drag-out deals on Black Friday, they may not be your best bet.

Ditto for Holt Renfrew — which Danahy calls the "doyen of luxury retailers in Canada." Its four stores in Toronto and one store each in Calgary, Edmonton and Vancouver have already begun to display an assortment of high-end stocking stuffers such as a Rebecca Minkoff cardholder (\$100) and an Anya Hindmarch coin purse with a pixelated smile (\$395). And you'll also find a range of seasonal cosmetic gift sets ranging in price from \$32 to \$2,415.



# Unusual finds for Black Friday shoppers

## POPULAR CATEGORIES

### Consider toys, small appliances and electronics

**Vawn Himmelsbach**

Sure, Black Friday is a good time to pick up those wireless speakers or upgrade your smartphone, but it's also a good time to find deals on items you might not have considered shopping for. Like vacuum cleaners, gas fireplaces and Lego.

While electronics remains one of the most popular items, along with clothing and accessories, Black Friday is an ideal time to buy kitchen appliances, according to Monika Hajzokova, sales director with Shopbot, which has an inventory of six million items from more than 400 retailers and brands.



**Keurig coffee brewing system.** CONTRIBUTED

"Kitchen appliances is one of our biggest categories," she said. "The top searched item is the KitchenAid mixer, especially in the red colour." That's expected to be a popular item again this year; other kitchen appliances up for grabs at deep discounts are waffle makers and ice cream makers.

"Keurig [coffee] brewing systems always have good deals on Black Friday," said Sari Friedman, marketing director and resident shopping expert with ebates. "It's a great time to stock up on coffee, such as Keurig and espresso pods. The Bay always has great deals on espresso pods."

And it's not just appliances for the kitchen: most major big-box retailers are offering discounts on small appliances such as vacuum cleaners and robotic vacuums. For those wanting to invest in a heavy-duty vacuum, like a Dyson, Black Friday is the time to do it.

Shopbot has also historically seen a spike in sales of fireplaces (gas or

ethanol-powered) over Black Friday. And, bizarre as it sounds, it has also seen a spike in plumbing supplies during this time period (perhaps, like fireplaces, it's a signal that shoppers are prepping for winter).

As the temperatures plummet, shoppers aren't just thinking about fireplaces and freezing pipes. They're thinking about how they can escape winter, and travel is another category where they can find Black Friday deals. Several online travel consolidators and travel agencies are offering discounts on vacation packages, as well as rebates or gift cards with their purchase (to be used for future travel, though there's typically an expiry date).

Friedman says electronics is still the most popular category for shoppers on Black Friday and Cyber Monday. But she recommends thinking beyond TVs and computers, and considering options such as smart home hubs and smart thermostats.

Big-box retailers are offering discounts on Nest smart-home products over Black Friday, she says, and Enbridge customers can then receive a \$100 bill credit for their purchase — a double win for shoppers.

While clothing and accessories remain popular, Black Friday is a good time to look for deals on designer items. Many luxury retailers run site-wide sales or offer deeper discounts on certain categories, says Friedman. This year, in particular, should be interesting, with high-end U.S. retailers such as Saks and Nordstrom opening shop in Canada, bringing their Black Friday traditions with them.

Black Friday also kicks off the holiday shopping season, so it's an ideal time to shop for others. Half of Canadians feel the deals that retailers offer specifically for Black Friday and Boxing Day are better than those offered in general during the holidays, according to new poll data from ebates, which surveyed 1,000 Canadians during October.

"Canadians are planning to spend \$200 more on their holiday shopping this year than last year," said Friedman. "It's a good time to not just think about yourself but crossing off things on your list: toys, books, beauty."

When it comes to gift-giving, there are plenty of deals to be had on women's perfume, according to Shopbot. It's also a good time to pick up toys, such as Lego, or soon-to-be discontinued



**Lego.** CONTRIBUTED

toy lines. Red Flag Deals predicts that toys from Star Wars: The Force Awakens may be discounted this year, to make room for the hype train of Rogue One: A Star Wars Story.

Shopbot has found that Quebec has different shopping behaviours on Black Friday than the rest of Canada. While electronics and clothing are still popular items, the top-searched items

fall under the home decor category — in particular, blankets, quilts and duvets.

While the rest of the country may want to consider checking out the deals to be had on home decor, some shoppers are considering much larger appliances — such as mattresses, dishwashers and couches — that they'd traditionally buy during Boxing Week.

"Furniture stores tend to offer some good discounts, but

not as much as much as fashion and appliances," said Hajzokova. "They won't be top categories."

Shoppers should limit themselves to clothing and electronics; consider holidays gifts as well as household or winter necessities. An added bonus of thinking outside the Black Friday box: You probably won't have to wrestle a mob of shoppers to get that ethanol-fuelled fireplace.



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**Dyson vacuum cleaner.**  
CONTRIBUTED





# Buy for sweet dreams not the sweetest deal

## BIG PURCHASE

### A mattress should provide a better sleep all year round

Camilla Cornell

If you're looking for a mattress this fall, Black Friday may be one of the cheapest days of the year to buy one. "Black Friday has become a huge retail event in Canada and every retailer is now competing directly for the shopping community," said Jory Solomon, a "sleep expert" with Sleep Country Canada.

Solomon's region comprises 12 Sleep Country stores in Ontario and on an average week-day they sell \$40,000 to \$60,000 worth of mattresses. "Last Black Friday, we did more than triple that," he said.

That said, if you're shopping for a mattress on Black Friday, be aware that this isn't an uncomplicated purchase and stores will be crowded. A mattress store is basically a commercial space "with 40 squares, all at different prices," said Solomon. "The

average person really has no idea what kind of technology they contain and what those features and benefits really mean. You really need a guided tour with an expert." Here are his tips for getting a mattress you're going to be happy with for the long haul.

#### Shopping for a mattress is a team sport

If you're part of a couple, shop with your partner. "You both have your own unique comfort level," said Solomon. "And you're both going to be sleeping on it, so you're better to pick it out together."

#### Beware the door-crasher special

"You will see these screaming deals on Boxing Day at prices that seem extremely low," he said. "But before you get too excited about putting that mattress in your master bedroom, understand that is probably the most basic-level bed in the store." If, on the other hand, you're planning to put that bed in your guest room, by all means go cheap.

#### A firmer mattress doesn't necessarily provide better support

"We still deal with that miscon-



Don't let Black Friday deals keep you from making a smart purchase. KEITH BEATY/TORONTO STAR

ception every day," said Solomon. Thirty years ago there was truth to the idea that a firm bed provides greater support. "They used to take springs out of the firmest mattresses to soften them and they'd call it medium. Then they'd take more springs out and call it soft," he explained.

No more. The invention of the pillow top or Euro top mattress changed all that. "Now they don't take away support, they just add some cushioning on top to make the bed softer," said Solomon.

"You can choose your comfort level, whether firm, medium or plush, and it will have no impact at all on the underlying support."

#### You're not just buying a mattress — you're buying a 'sleep system'

While your mattress can account for about 80 per cent of your comfort, there are actually three parts to the sleep system: the mattress, the pillow and whatever the mattress sits on, says Solomon. Note that the minute

you put your new mattress on an old box spring, it negates the warranty.

#### Adjustable beds aren't just for old folks

"A mattress doesn't have to go on a box spring. It can go on a platform base or a lifestyle base [usually called an adjustable bed]," said Solomon. "A lot of people used to think of that as being only for the old and infirm, but the average age of purchase for a lifestyle base now is about 42

years old. Its people using laptops or watching television — people who use their bedroom for more than just sleep."

#### 'Warm sleepers' rejoice

"Being a warm sleeper is often disruptive to a good night's sleep," said Solomon. The good news: lots of mattresses have cooling technology now — including foam mattresses that have long been regarded as hotter to sleep on. "Foam is not a new technology and in the '80s and '90s, it was a fact that it tended to absorb body heat and could make the bed warmer," said Solomon. "But for almost 20 years — especially in the last three years, due to technological advances — the foam is now the coolest part of the mattress."

#### If you hate it, you can usually bring it back

"Almost every retailer has some form of home trial period," said Solomon. At Sleep Country there's a 60-day home trial period. If you feel like the Princess and the Pea, you can return it and choose another mattress. But don't make a rush decision. "It usually takes about two weeks until you're accustomed to the new mattress," he pointed out.

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# In search of a cure for hardship

## Why the poverty crisis is also a health crisis

Not only does it hurt childhood development, reduce the likelihood of students finishing high school and curtail access to employment, but poverty — which of course bars many from adequate housing or food — is extremely damaging to overall health and well-being too.

"The biggest barrier to good health is poverty," says Dr. Anna Reid, the head of the Canadian Medical Association (CMA), as she released a report into the health of Canadians in 2013. "I think if we could eliminate childhood poverty we would go a long way to achieving a healthier population."

The CMA prepared the report, entitled *What Makes Us Sick*, after hosting town hall meetings across the country and hearing from more than 1,000 Canadians online. In more recent years, the influential health care organization has called for a national strategy to eradicate child poverty in Canada.

In Calgary, where one in 10 Calgarians live in poverty and one in five is concerned

about not having enough money for food, a diverse group of people, businesses and social agencies is coming together to reduce the city's poverty by 50 per cent by 2023.

The Enough for All strategy strives to remove the barriers and stigma attached to poverty. It's based on the philosophy that there is already "enough for all" in Calgary, and aims to redirect, coordinate and build on existing resources in the community rather than seek new ones. And it encourages people to learn more about the causes and impacts of poverty to help reduce isolation and discrimination, thus enhancing the community's ability to work together to eliminate poverty's root causes.

"We need as many people as possible to join the cause and help reduce poverty in Calgary so that people who are facing financial stress can find opportunities to reach their fullest potential," says Franco Savoia, the executive director of Vibrant Communities Calgary.

Enough for All believes that by educating Calgarians and challenging perspectives on poverty, by 2018, people in the city will consider reducing poverty to be a top priority, leading to lasting, positive change.



ISTOCK

Enough for All is a community-driven initiative supported by the City of Calgary, the United Way of Calgary and Area, Momentum, Vibrant Communities

Calgary, and the Calgary Foundation. Visit [EnoughForAll.ca](http://EnoughForAll.ca) to learn more about people living in and beyond poverty and find out how you can help.

**FOR ONE HUNDRED AND TWENTY SEVEN THOUSAND CALGARIANS, PUTTING FOOD ON THE TABLE TONIGHT IS THE BIGGEST NEWS OF THE DAY.**



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Raise your hand and join the cause at [EnoughForAll.ca](http://EnoughForAll.ca)





Don't set yourself up for winter-driving failure: head out early, check road conditions and leave yourself lots of space. iStock

# Driving in winter

## BEHIND THE WHEEL

### Experts guide you to best road practices

Jason Menard

When it comes to safely navigating the highways and byways of a Canadian winter, the key things people need to focus on are speed, distance, direction, and time.

"The first thing people can do is to increase their driving distance," explained Ron Wilson, the Alberta Motor Association's operations manager for the fleet safety services division, which provides training to profession-

al drivers. "It can take up to 12 times as long to stop on icy roads as it does on dry roads."

In general, people should leave three seconds between themselves and other vehicles on the road, but during snowy and icy conditions, that distance should be increased. One way to judge is to focus on stationary objects.

"The most accurate way is to count the time between passing a stationary object — like a road sign," he said. "Once the car ahead of you passes that sign, start counting one-one thousand, two-one thousand... all the way to six-one thousand. Even more if it is icy on the road."

The next thing people need to focus on is their rate of speed. Too many people don't realize that the posted speed limit is just

a suggestion when the weather isn't co-operating.

"People will read a sign that says 'Maximum 90 km' and they'll say, 'OK, I'll go 90,'" Wilson added. "That speed means under ideal conditions. You want to drive to the conditions and that may mean going slower."

"It's amazing how many times I'm teaching classes and the students don't know that."

When it comes to keeping your car going in the right direction, Wilson said it's vital to keep your hands at 9 and 3 on the steering wheel.

"It's less fatiguing and it gives you more control," he said. "Nine and 3 is your best hand position if your air bag deploys and it allows you to do a complete lane change for emergency recovery. It also

helps you know where straight is and prevents oversteering."

Lastly, it's important to focus on time. Wilson explained that too many people don't leave themselves enough time or fail to heed the weather warnings.

"Sometimes people set themselves up for failure," he said. "They leave late, they don't check the road conditions, they rush, and they don't give themselves enough space."

And sometimes the best way to give yourself time is to take a trip another time. "The first thing you want to do is check the road report and see what the roads are going to be like," Wilson explained. "If they're telling you that a horrible storm is coming, maybe you want to avoid taking that trip."

## Keeping a car warm

Canadian winters can be notoriously tough on vehicles. Sub-zero temperatures can wreak havoc on your car's engine, but there are a few things you can do to enjoy smooth starts and warm rides throughout the winter season.

And the best way to prevent trouble with cold weather is to keep your car warm.

"We recommend if the temperature is under -15 for an extended period of time, plug your vehicle in," explained Ron Wilson, the Alberta Motor Association's operations manager for the fleet safety services division, which provides training to professional drivers. "In this environment, you really should have block heaters."

However, Wilson is aware that not everyone can have a block heater. And there are certain situations where a block heater is inaccessible.

"Some people work in a building with outdoor parking, so their cars are there for seven or eight hours at a time," he said. "You should go out every couple of hours and start the vehicles on those cold days."

What fluids you put into the vehicle can also help to ensure more smooth starting for your car.

"Something you can do is switch to a synthetic oil — it won't thicken and it flows better than conventional oil," he

said. "And make sure to keep a full tank of gas to minimize the risk of gas line freezing."

Wilson explained that drivers should keep a minimum of a quarter tank of gas in their vehicle at all times. However, if you're planning on hitting the road or driving for long distances, you may want to top up the tank.

"Some people will be going skiing three hours away and say, 'I can make that on three-quarters of a tank,'" he said. "But that's three hours on a perfect day. If you go out, it's windy — which can affect fuel consumption — or you get stuck in traffic, now you're going to run out of gas."

And there's no debate about the best way to warm up your car. The old days of letting a car run in the driveway for two minutes is not only ineffective, but hazardous to the environment.

"With new vehicles, they run most efficiently when you start them up and go," he said. "If you're going to be chipping away at ice for a while, you may want to start the car half way, but otherwise, just start and go."

"If you're going to sit there for 10 minutes, idling, it's horrible for the environment, you're wasting fuel, and it's not warming your car up any faster." — JASON MENARD



There's no need to idle the car. Clear it, then start and go. iStock

## Staying safe with an accident



Keep a reflective triangle in your car emergency kit. iStock

No one expects to get in an accident or have their car break down on the side of the road, but preparing for it can help avert a greater tragedy — or even death.

"Stay put. It's easy to become disoriented in a storm," explained Ron Wilson, the Alberta Motor Association's operations manager for the fleet safety services division, which provides training to professional drivers.

"Unless you know there's shelter very nearby, stay in your vehicle."

"Some people will get out and walk, but it's not a good idea."

Your vehicle provides natural shelter from the environment and you can use it to help keep you warm.

However, there are some precautions you need to take if you're in this situation.

"Make sure you remove the snow from your exhaust pipe to prevent carbon monoxide from backing up into the car," he said. "You can run your engine and heater for 10 minutes every hour, and put out a reflective triangle or S.O.S. banner."

You don't have either of those? Wilson said they — along with other vital tools — are a must in any car.

## + TRACTION TIP

There are also various tools and implements that can help you gain traction if your vehicle is stuck in a snowbank, but one of the most effective items is something you likely wouldn't consider.

"Kitty litter," Wilson said. "It's very effective, if you get stuck, to give you traction under the wheel."

"The first thing you should have in your car is an emergency kit," he said, adding

that you're going to want one that includes a first-aid kit, a compass, water, food, flares, candles in a deep cup, and blankets.

Wilson said that having extra clothes also helps.

"You're going to want to wear layers. Have extra jackets, boots, socks, and other dry clothes in the car to change into," he said, adding that drivers often feel a false sense of security driving from warm homes and garages to warm destinations.

"We often see people driving in the city, wearing a nice little leather jacket and nice shoes, but if your vehicle

breaks down they won't keep you warm."

Obviously, ensuring your cell phone is charged will help, he said. But that may not help in areas where service is interrupted.

And the best way to deal with winter challenges is to be informed and try to avoid them. To help with that, the AMA offers some resources to help.

"If someone is looking for more information, CAA offers an on-line winter driver's course," he said. "It will give you tips and strategies to help you during the season."

— JASON MENARD





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## A photograph showing the front interior of a car. The steering wheel is black with silver accents and features the Audi logo in the center. The dashboard is black with a digital display screen in the center. The center console has a gear shift lever and handbrake. The overall design is modern and sleek.

Mazda could use an update to its satellite radio functions, which does not offer rewind or record functions as seen on Kia and other brands. Otherwise the settings, audio and phone controls are mostly logical, although the icons take a bit of getting used to.



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## COOLEST FACTORY WHEELS

Many car owners are OK with investing thousands of dollars into having attractive wheels on their cars, some of which are lightweight and help enhance performance. Take a look at the coolest factory wheels that come on production cars. **JASON SIU/AUTOGUIDE.COM**



### 1 Koenigsegg Regera Carbon Fiber Wheel

Arguably the coolest wheels that come on a production car are the carbon fiber rims on the Koenigsegg Regera. The company has made carbon fiber wheel designs for its other vehicles, but the Regera's wheel is unique because it features a design that you wouldn't find in a standard aluminum wheel because it would be too heavy and too weak, according to CEO Christian von Koenigsegg. Oh yeah, and it's centre-locking just like the Porsche 911 GT3 RS.



### 2 Rolls-Royce Self-Righting Centre Cap

In the world of luxury, there are many aspects of a Rolls-Royce vehicle that stand out. But one of the most unique components is the British automaker's self-righting center caps. While other wheels have their centre caps rotating with the rest of the wheel, Rolls-Royce vehicles feature a weighted logo so that the Rolls-Royce logo is always facing the correct direction. It's a subtle detail, but one of many details that help make Rolls-Royces so exquisite.

### 4 Ford GT Optional carbon fiber wheel

Ford actually began offering carbon fiber wheels with its Shelby GT350R Mustang, but the optional wheel heading to the Ford GT is more attractive in our eyes. The lightweight carbon fiber wheel is available in two finishes: matte or a glossy clearcoat. Not only are they incredibly strong, but they're extremely light.



### 3 Porsche 911 GT3 RS

True center-locking wheels are a rarity on production cars, but considering that the Porsche 911 GT3 RS is race-bred, they almost feel like a necessity on the sports car. The car comes standard with 20-inch rollers up front and larger 21-inch wheels in the rear, made from a forged alloy and finished in a platinum paint finish. Compared to the conventional four- or five-bolt wheel connection, the center-lock offers enhanced performance thanks to less rotating mass and, of course, it makes it quicker for a wheel and tire change.

### 5 BMW M4 GTS

The only wheel on this list that doesn't have some sort of a gimmick, the BMW M4 GTS comes with exclusive M light alloy wheels in star-spoke M styling that are forged, polished, and come in a unique Acid Orange color. The BMW M4 GTS wheels feature an after-market-like design that's stylish and trendy with a bit of retro flair.







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# Reserve wins the day for big cat

## F-PACE

## Jaguar credits reservation program for success

Jaguar has seen a huge uptick in sales this year and one of the main reasons for the extra cats on the road is the F-Pace crossover.

Total sales of the F-Pace this year come in at over 6,000 units thus far, making it the best-selling Jaguar model in the lineup.

While it should come as no surprise that the pretty luxury crossover is getting a lot of attention, the automaker credits its reservation program as a huge part of being able to gauge the success. In the US, the automaker allowed customers to reserve an F-Pace or XE online and put down a refundable deposit while still being able to receive incentives, including free navigation and a discount off the first monthly payment.

SAMI HAJ-ASSAAD/AUTOGUIDE.COM



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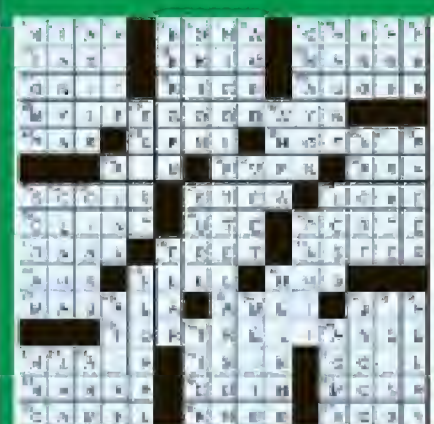
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## TESLA P100D

## Ludicrous Mode gets even faster

Tesla is making its existing cars even faster and it won't cost current owners a dime. After hinting that the P100D models are getting faster, Tesla CEO Elon Musk has confirmed the Model S P100D Easter egg will allow it to go zero-to-97 kilometres an hour in 2.4 seconds, which is 0.1 seconds faster than it currently is.

JASON SIU/AUTOGUIDE.COM



## VANQUISH'S

## Aston Martin upgrade

Aston Martin has taken its Super GT to a new level with the introduction of the Vanquish S. Along with slightly more performance, the Vanquish S also benefits from a "revised, freer-breathing intake system" that has larger volume inlet manifolds to bring in a greater volume of air to the engine at high revs. JASON SIU/AUTOGUIDE.COM



### + IN BRIEF

#### Colorado, Silverado pickup trucks heading to China

Chevrolet plans to make full and mid-size American trucks available to Chinese consumers through parallel import in 2017. As parallel imports the trucks will be purchased by Chinese dealers, directly from GM North America, bypassing official import channels. This will allow the trucks to retail for at least 10 to 20 per cent cheaper.

MICHAEL ACCARDI/AUTOGUIDE.COM

#### New 911 unveiled in Los Angeles

Porsche has unleashed its all-new race car at the 2016 L.A. Auto Show. The newly developed GT racer takes advantage of the breadth of the Le Mans 24 Hours GT regulations, said Porsche. Along with the 911 RSR's systematic lightweight design, the German automaker has placed the flat-six engine in front of the rear axle, making it mid-engined.

JASON SIU/AUTOGUIDE.COM



# Big week lined up for Messam at home

**GREY CUP**

**Leading rusher could win top Canadian award and title**

Jerome Messam is going home for his first Grey Cup after seven seasons and five different CFL teams.

The CFL's leading rusher will play a prominent role for the Calgary Stampeders in Sunday's game against the Ottawa Redblacks in his hometown of Toronto.

Messam, 31, played high school ball at Notre Dame Catholic Secondary School in the Toronto suburb of Brampton.

"It's my first Grey Cup. It's been seven years. I'm trying to keep my emotions at bay right now," Messam said. "I know when we get out there on Sunday, it's going to be just a feeling of me arriving."

"I'm from Toronto. I'm going to have a lot of family there to support me. My lady's there. She's pregnant right now, so I'll be home chilling with them."

The Stampeders flew to Toronto on Tuesday for the 104th Grey Cup.

A punishing running back at six-foot-three and 254 pounds, Messam has gained a foothold in Calgary after previous stops



Stampeders running back Jerome Messam ran for 133 yards and a touchdown in his last game in Toronto on Oct. 10. RICK MADONIK/TORSTAR NEWS SERVICE

in B.C., Edmonton, Montreal and Saskatchewan that lasted two seasons or less.

He topped the CFL in rushing with 1,198 yards in 2016 and was one of just two players to surpass 1,000.

Messam is a double threat on offence because of his receiving skills. He totalled 485 passing yards and ranked second in the league in touchdowns with a combined 12 on the ground

and in the air.

He set career highs this season in rushing and receiving yards, touchdowns, carries (206) and receptions (54).

Messam's body of work earned him consideration for the CFL's Outstanding Canadian award for a second time in his career.

He won the trophy in 2011 after rushing for 1,057 yards for

the Edmonton Eskimos. At the time, Messam was just the third Canadian running back since 1960 to run for over 1,000 yards.

Messam is up against Hamilton Tiger-Cats receiver Andy Fantuz for the Canadian award this year. Winners will be announced Thursday night in Toronto.

"I'm very blessed for it to unfold like this," Messam said. "Hopefully I can win the award, win the game on Sunday at home in front of family and friends. Can't write the script any better." THE CANADIAN PRESS

## Winning is a family matter for Burris

With experience has come a new perspective for Henry Burris.

The 41-year-old quarterback will make his third Grey Cup appearance in four years Sunday, when he leads the Ottawa Redblacks against the Calgary Stampeders at Toronto's BMO Field. But while Burris is driven to win a third career CFL championship, this time it's to share the victory with his wife, Nicole, and their two sons, Armand and Barron.

Armand was a toddler when Burris last won the Grey Cup in 2008 with Calgary, and Barron hadn't yet been born. A win Sunday would allow his boys to celebrate by eating Froot Loops from the hallowed trophy.

"That's something I definitely want to experience with my family," Burris said. "For me, that's what this entire journey has been about because if it wasn't for these couple of knuckleheads, making me have to stay on them to keep myself right, I wouldn't be here."

"That's why I'm out

there giving it my all because I want to see the smiles on their faces and be able to celebrate truly what we've been through these past 20 years together and try to enjoy this special moment."

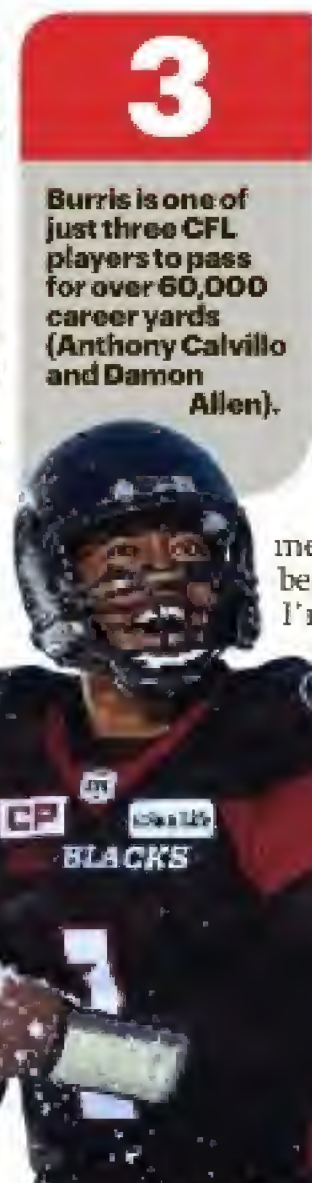
One lesson Burris has learned over his 17 CFL seasons is there are no guarantees in pro football. Ottawa is making a second straight Grey Cup appearance despite posting an 8-9-1 record.

That made Ottawa the first team in league history to finish first in a division with a sub-500 record and gave Burris a deeper appreciation of being given yet another chance to win a championship.

"We weren't guaranteed to be back here this year and so that's why each and every moment that we have to get back to The Show, it means that much more because I can't play until I'm 50," Burris said.

"I'm not (hockey legend Gordie Howe) and I'm not playing until I'm 52 because at some point I want to sit in the stands and watch these kids and be around crazy hockey parents in Ontario and Ottawa."

THE CANADIAN PRESS



**3**

Burris is one of just three CFL players to pass for over 60,000 career yards (Anthony Calvillo and Damon Allen).

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# TFC back in hunt after Impact blow lead



Toronto FC's star forward Sebastian Giovinco gets in Montreal Impact defender Victor Cabrera's face in the MLS Cup Playoffs in Montreal on Tuesday. STEVE RUSSELL/TORONTO STAR

## MLS CONFERENCE FINAL

### Hosts go up 3-0 before Toronto storm back, 2nd leg is next week

The Montreal Impact built a three-goal lead and then barely hung on for a 3-2 victory over Toronto FC in a wild opening game of their MLS Eastern Conference final that was delayed 30 minutes by a grounds-keeping error on Tuesday night.

Dominic Oduro, Matteo Mancosu and Ambroise Oyongo put Montreal in front in the opening 53 minutes, but Jozy Altidore and Michael Bradley answered back with goals before a roaring sellout crowd of 61,004 at Olympic Stadium.

While Montreal will take a lead into the second leg of the two-game, total goals series on

Nov. 22 at BMO Field, Toronto picked up two all-important away goals that can serve as the tiebreaker. A 1-0 or 2-1 TFC win in the second leg at home would win Toronto the series.

Montreal looked well on its way to crushing TFC in a playoff match for a second year in a row, having beaten their closest rival 3-0 in the single-game knockout round in October, 2015 — a result Toronto players vowed to avenge.

The match got off to an embarrassing start for the home side as the lines for the 18-yard boxes were too narrow and had to be repainted before the game could begin. Fans cheered as each new line was drawn.

They got louder as Montreal used two quick attacks against the flat-looking TFC to take the lead. In the 10th minute, Hasoun Camara fed the ball ahead to Patrice Bernier, who slipped it past defender Nick Hagglund

## TUESDAY in Montreal (1st leg)



to send Oduro in alone on the right side. Oduro fired a low shot inside the far post for his first of the playoffs.

Two minutes later, Oduro intercepted a Steven Beitashour pass and lofted it to Ignacio Piatti on the left wing. The Argentine put a hard pass into the box, where Mancosu stepped in front of a defender to redirect the ball past goalie Clint Irwin.

In the 53rd, Oyongo striped the ball from Sebastian Giovinco near the halfway line and took it in on a solo run the edge of the Toronto box, cut left and shot across his body inside the

right post. With Montreal still in control a few minutes later, TFC coach Greg Vanney substituted midfielders Jonathan Osario and Armando Cooper with forward Tosaint Ricketts and midfielder Will Johnson. It looked to give his side a spark.

In the 69th, Tosaint put a ball off the post, but Beitashour got it to Altidore for a header from close range. Four minutes later TFC was again buzzing inside the Montreal box. Altidore looked to push defender Victor Cabrera to the ground to open up space to slip a pass to Ricketts, who fed Bradley for a shot from directly in front.

Toronto reached the conference final with a convincing 7-0 aggregate win over second-place New York City, while Montreal upset the top-seeded New York Red Bulls 3-1. Both are farther into the playoffs than they've ever been before. THE CANADIAN PRESS

## CHAMPIONS LEAGUE

### Spurs exit Europe with a whimper

Monaco sealed first place in Group E of the Champions League with a 2-1 win over Tottenham in a thrilling display of attacking football on Tuesday.

Needing just a draw against the only side to remain unbeaten in the Premier League to progress to the knockout phase, Monaco did not hold back. However, it took the hosts 48 minutes to break the deadlock with a goal from Djibril Sidibe, who then turned provider when Thomas Lemar scored

the winner five minutes later.

Harry Kane had equalized from the penalty spot for Spurs, which can no longer qualify for the knockout phase.

"We got ourselves back in the game at 1-1 and it was school-boy to concede straight after that," Kane said. "We had to try to grind out a win because we were not great tonight. The second goal took the stuffing out of us. I just don't think on the day we were good enough."

THE ASSOCIATED PRESS

## IN BRIEF

### Sharks extend Burns' deal

The San Jose Sharks have signed star defenceman Brent Burns to an eight-year contract extension. The deal announced Tuesday keeps Burns off the free-agent market next summer and with the Sharks for the long term.

Burns was a finalist for the Norris Trophy last season as the NHL's top defenceman when he helped lead San Jose to its first appearance in the Stanley Cup Final.

THE ASSOCIATED PRESS

### Notre Dame to be stripped of wins for misconduct

The NCAA announced Tuesday that Notre Dame must vacate all 21 victories from the 2012 and 2013 seasons, including the 12-0 run that vaulted the Fighting Irish into the national title game against Alabama.

The reason is a former student athletic trainer committed academic misconduct by doing substantial course work for several players. The school said it would appeal the decision. THE ASSOCIATED PRESS

## NHL

### Las Vegas unveils the Golden Knights

The NHL's newest team is named the Vegas Golden Knights.

Owner Bill Foley and NHL commissioner Gary Bettman announced the Las Vegas expansion franchise's official name and revealed its logo and colours Tuesday night at a gala ceremony for about 5,000 fans outside T-Mobile Arena, where the Golden Knights will begin play next

season. The NHL awarded its 31st franchise in June to this gambling mecca in the Mojave Desert.

Foley is a billionaire businessman who sold the league on the potential of being the first major pro sports franchise in the growing market while playing in a new \$375-million arena already constructed on the south end of the Strip.

THE ASSOCIATED PRESS



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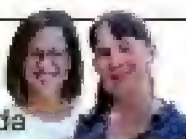
## RECIPE Chicken with Beans and Rice



PHOTO: MAYA VISNYEY

Hearty, one-pot dinners are the answer to the what's-for-dinner question as the days get colder.

**Ceri Marsh & Laura Keogh**  
For Metro Canada



### Ready in

Prep time: 60 minutes  
Cook time: 50 minutes  
Serves 4

### Ingredients

- 1/4 cup flour
- 1 1/2 Tbsp chili powder
- 1/4 tsp salt
- 1/4 tsp pepper
- 6 chicken thighs
- 1 Tbsp olive oil
- 2 cloves garlic, minced
- 1 x 15 oz can of kidney beans
- 1 x 19 oz can of tomatoes
- 1 cup frozen or fresh corn
- 3/4 cup chicken stock
- 1 cup brown rice
- Small handful of chopped cilantro and quartered limes for garnish

### Directions

1. Preheat oven to 350 F.
2. On a plate, toss together flour, chili and salt and pepper. Dredge chicken through mixture until well-coated.
3. In a large Dutch oven or oven-proof pot, heat up olive oil over medium-high heat. Brown chicken on both sides. Place browned chicken on a clean plate and put aside. Drain excess fat from pot.
4. Turn heat down to medium and add garlic, allow it to soften and become fragrant. Add beans, tomatoes, stock, corn and rice. Stir. Break up tomatoes with wooden spoon. Raise heat again so mixture comes to a boil.
5. Place the chicken pieces on top of your tomato-y mixture, place a lid on top and place in the oven for 45 to 50 minutes. Remove from the oven and serve with a sprinkling of cilantro and lime.

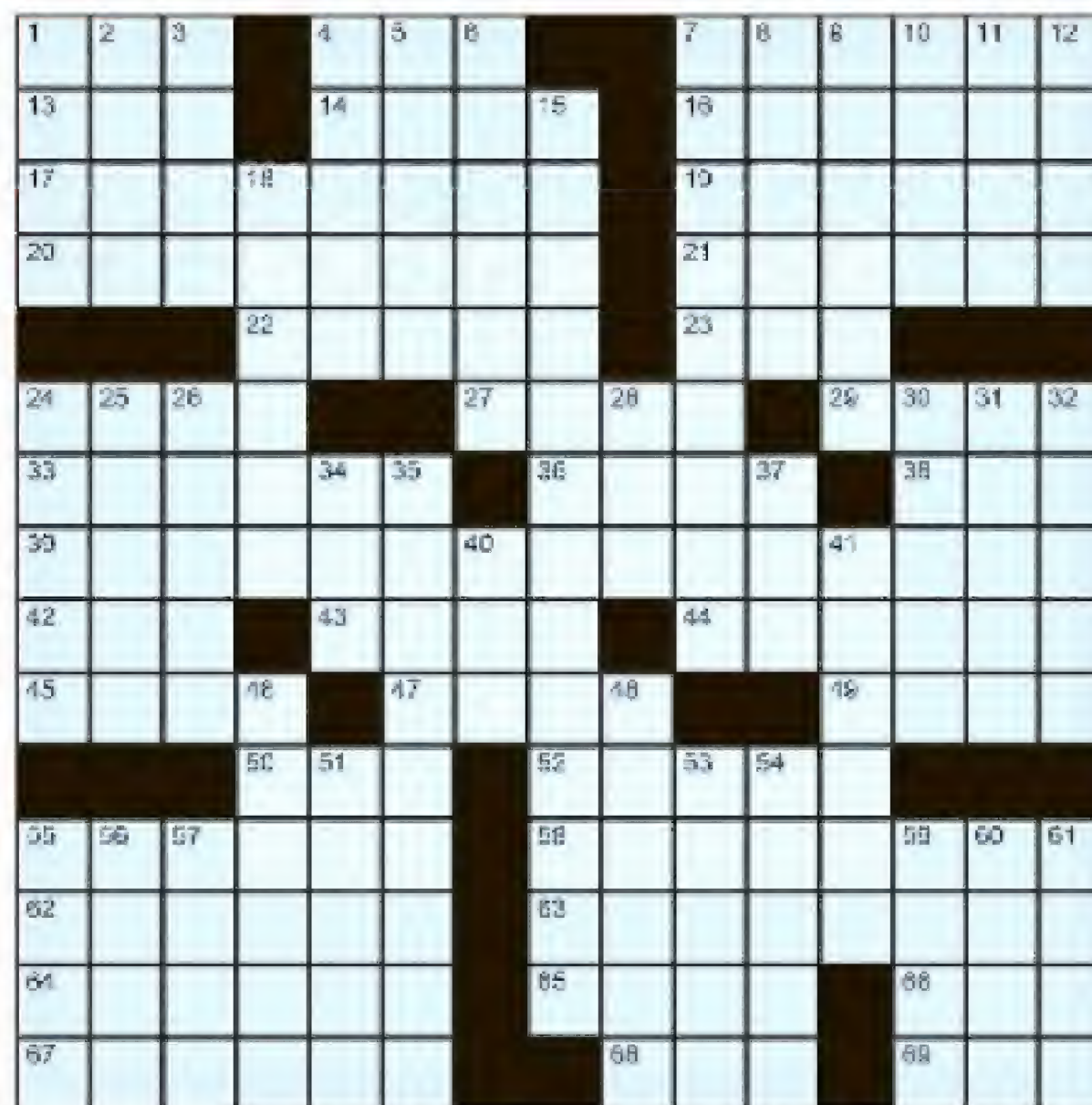
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## CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

### ACROSS

1. Every
4. Web pop-ups, e.g.
7. Particular party platter pick
13. Westerns: Mr. Rogers
14. Complain
16. US web destination for the "Game of Thrones" airer; 2 wds.
17. \_\_ pieces (Used old towels to create rags, perhaps)
19. Comedian/actor Ray
20. Begin a journey; 2 wds.
21. Speaks from the podium
22. Christmas-time resin
23. "Oh, give \_\_ home where the buffalo..."
24. New Zealand fruit
27. Palm used for basketry or thatching
29. Canadian ice dancing skater Scott
33. Greek mythological hunk
36. Belgium neighbour [abbr.]
38. Kind of small deer
39. Harbour town in Simcoe County in Ontario on Georgian Bay
42. Butter portion
43. Nose-in-the-air sort
44. Pops in the freezer for a bit
45. Plus
47. Narcotic
49. "...so long \_\_ both shall live?"



50. Alphabetic trio
52. Send payment
55. Materialize
58. Textured like sugar
62. Legendary Canadian contemporary dance company; \_\_
63. Mix, as oil and

- vinegar
64. Got slippery, like a Winter road; 2 wds.
65. 1990s kind of party
66. Ms. West
67. Gives a speech for the bride and groom
68. \_\_ worth

69. Belonging to the Beaver State, for short

### DOWN

1. Fine pursuits
2. Swag
3. Constellation for the star Vega
4. Cordiality

5. Blood \_\_
6. Ringed planet
7. \_\_ scale, in music
8. "Don't be such \_\_!" (Show some enthusiasm!)
9. Negative response to The Queen, informally; 2 wds.
10. Curious as \_\_

11. Commemorative bread
12. Goth/rock music fans
15. Insignificant issue, trendy-style
18. Short-tailed weasel
24. 10th Greek letter
25. "An \_\_ Husband" (1999)
26. Habits/customs, fancy-style
28. Little, in Montreal
30. Mr. Hershey's of baseball
31. "\_\_\_ Want to Be with You" by Dusty Springfield
32. Ms. Witherspoon
34. "\_\_\_ all good." (No worries)
35. Golfing hazards; 2 wds.
37. \_\_\_ Prince Albert of Monaco
40. \_\_easter
41. Away-from-work break
46. Mythological mountain nymphs
48. Berlin's language
51. Armée du \_\_ = The Salvation Army
53. Particular purple
54. Chesterfield \_\_ (Municipality in Nunavut)
55. Settled off the saddle
56. Fashion designer, \_\_ Rabanne
57. Legal 'deal'
59. Red carpet ride
60. At a distance
61. Reuben breads

## \* IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

**Aries** March 21 - April 20  
You are prepared to work hard to study or learn something new today. Get as much done as possible, because you have the mental discipline to do this today.

**Taurus** April 21 - May 21  
You might be discouraged about your fair share of something today. At least you will learn what the legal ramifications and restrictions are that you have to face.

**Gemini** May 22 - June 21  
People are in a serious frame of mind today, which is why conversations with partners and close friends are practical and to the point. Someone older might give you his or her opinion or advice.

**Cancer** June 22 - July 23  
Listen to the advice of someone older at work today, because it could save you time. One thing is certain — today you have to play by the rules, plain and simple.

**Leo** July 24 - Aug. 23  
Children might be an increased responsibility today. Social occasions intended for entertainment and fun will require work and serious planning.

**Virgo** Aug. 24 - Sept. 23  
Family discussions will be serious today. Someone older or in a position of authority will have sway. It's a good day to discuss home repairs.

**Libra** Sept. 24 - Oct. 23  
It's easy to fall into worry mode today. Fortunately, your mind is focused, sharp and will pay attention to small details. Choose work that requires mental concentration.

**Scorpio** Oct. 24 - Nov. 22  
You feel cautious about financial issues today. You might be concerned that you don't have enough money to do something, or you might be hesitant about a major expenditure.

**Sagittarius** Nov. 23 - Dec. 21  
Today you feel careful and cautious about everything. Although you usually do things in big gestures, today you are conservative.

**Capricorn** Dec. 22 - Jan. 20  
Research of any kind will go well today, because you have the right frame of mind to do routine work and focus on details. Expect solid results as your payoff.

**Aquarius** Jan. 21 - Feb. 19  
Someone older or more experienced will influence you today. Do not let pessimism limit your future goals and planning.

**Pisces** Feb. 20 - March 20  
Follow the rules and play things by the book when dealing with bosses, parents and VIPs today. People are cautious and careful today. Don't push your luck.

### CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

		4	6	7				
	2				6			
6	5				3	9		
7								2
2								1
	9	6	8		5	7	4	
		5		6				
	1				5			
	8	7	3	9	1			

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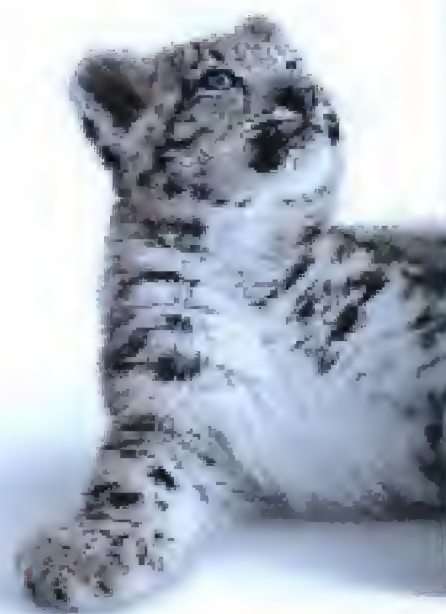
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